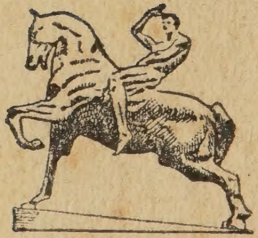

The . . . . .
ENERGEN BOOK

1914–1939
COLLATING 25 YEARS AUTHORITATIVE
RESEARCH INTO DIET AND NUTRITION

The Energen Trade Mark, representing Physical Energy by G. F. Watts, R.A., is the most famous statue in the British Empire. Replicas of this statue are in front of Kensington Palace, London, and on the Matoppo Hills in South Africa, where the great Empire Builder, Cecil Rhodes, is buried.

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Energen
DOUBLE FRUIT
FREE FROM ADDED SUGAR
NO PRESERVATIVES OR COLOURING MATTER
ORANGE MARMALADE

INTRODUCTION

Energen Bread was first made in 1914, and now after twenty-five years the name Energen, in conjunction with the trade mark depicting Watts' statue of "Physical Energy," called by us the Energen Horse, is well-known to the public as representing the only complete series of All-British Health Foods, unrivalled in their reliability and recognised by the medical profession as the basis of all starch-reduced dietaries.

Nearly thirty thousand registered medical practitioners have made use of the Energen Dietary Service, which is under the supervision and personal guidance of a well-known authority on diet and nutrition, and which places at the disposal of the nation the experience of a quarter of a century's scientific investigation and research in Dietetics and Nutrition.

The fundamental dietary principles of Energen are based on the recognition that incorrect feeding and food habits are responsible for most alimentary disorders. The most frequent causes of these are dietary excess of starches and sugars. The Energen principle, by reason of its guaranteed and standard composition, provides the basis for most dietary requirements and is, therefore, invaluable in all ordered régimes where scientific starch-reduction and balance of protein and carbohydrate are essential.

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Note.—The numbers after certain dishes in the dietaries refer to the recipes on pages 44 to 62.

Dietaries and Specimen Menus for Common Disturbances of Health

Foreword

The following dietaries have been drawn up under the supervision of a dietetic authority whose indebtedness to the works of leading medical scientists is gratefully acknowledged.

These specimen menus are intended to afford guidance to an appropriate dietary, and providing the essential characteristics are observed, may be modified to suit individual cases. The Energen Recipes for Nutrition, given on pages 44 to 62, showing the food value per person, bring the necessary information within the reach of all. The numbers shown after certain dishes below refer to those of the recipes concerned.

Energen Bread and Products are essential and the substitution of any other bread, biscuits or foods (however excellent in themselves) entirely upsets the calculations of food values upon which these dietaries are based, and prevents the beneficial results aimed at being attained.

Readers are reminded that although diet plays no less an important part in health than in sickness, medical advice in the latter case is always advisable.

ACIDOSIS

The term "acidosis" is often loosely used to describe conditions where various disorders of health arise from a too acid condition of the tissues. In such conditions those foods which are known to produce an acid reaction—meat, eggs and cereals—must be largely replaced by the "alkaline-forming" foods—milk, fruits and vegetables. It should be noted that many fruits which appear to be acid, including lemons and oranges, leave an alkaline residue when digested, and that only a few fruits, including cranberries, rhubarb, prunes and plums, need be excluded from an anti-acid diet.

ON RISING: Juice of one orange.

BREAKFAST: Half grapefruit or banana or apple. Energen Bread (two Batonettes) with butter and honey. Energen Cocoa made with milk, or weak tea or coffee with plenty of milk.

MID-MORNING: Glass of tomato juice or Kia-Ora lemon or half glass of milk.

LUNCH: Cream vegetable soup. Cream or Cheddar cheese with salad of lettuce, watercress, tomato. Dressing of olive oil and lemon juice. Energen Bread (one Batonette or three Rolls) with butter. Stewed fruit (not cranberries, prunes or rhubarb) with Energen Semolina or Tapioca milk pudding, or Junket or Strength of Wheat Shape (122). Lemonade or alkaline mineral water to drink.

TEA: Weak China tea with plenty of milk. Energen Bread (four Rusks) with butter. Banana or apple or orange.

DINNER: Half grapefruit or vegetable soup. Vegetable salad. Mashed or baked potato. Energen Bread (two Batonettes) with butter. Jelly or fruit salad. Raw orange or apple or grapes or almonds and raisins.

ON RETIRING: Glass of milk.

ANÆMIA

The diet for anæmia must be well-balanced and nutritious, and particularly rich in those foods which contain vitamins and iron. Liver, kidney, beef, spinach, lettuce, cabbage, tomatoes, dried apricots and peaches, and raisins, are specially valuable foods for good blood-formation, while milk, dairy products and cereals help to build up nutrition generally. Energen Protein Food is a very useful adjunct to the anti-anæmic dietary.

ON RISING: Juice of one orange.

BREAKFAST: Bacon, two rashers, with choice of one egg, liver or kidney. Stewed prunes. Energen Bread (Wholemeal Baton) with butter. One or two cups tea, coffee or Energen Cocoa.

11 A.M.: Cup of Marmite.

LUNCH: Choice of:—Liver, kidney, cold beef, ham or lamb, omelette. Salad of lettuce, tomato and watercress. Energen Bread (two Rolls) with butter. Stewed dried peaches or apricots with milk pudding made with Energen Semolina or Tapioca. Two large Energen Digestive Biscuits and cheese.

TEA: One cup weak tea with milk. Energen Bread (two Rusks) with butter. Honey or Energen Fruit Product (sugarless jam).

DINNER: Half grapefruit or soup. Choice of:—Grilled steak, lamb cutlet, fillet of veal or steak and kidney stew. Potato, mashed or boiled. Spinach, cauliflower, or beet greens. Energen Bread (one Roll) and butter. Choice of:—Energen Strength of Wheat Shape (122), junket, plain sponge trifle. Raw fruit (especially peaches or apricots). Cupful of raisins and nuts.

ON RETIRING: One cup of Energen Protein Food.

BILIOUSNESS OR "SLUGGISH LIVER"

Since biliousness is often associated with chronic gastritis as well as with disturbed function of the liver, it is desirable to avoid all foods which are indigestible as well as those which are difficult for the liver to deal with. Meat, eggs and fat especially should be limited, and a relatively large amount of carbohydrate given in the form of bland, easily digested foods, and fruit juices.

BREAKFAST: Half grapefruit. Energen Strength of Wheat as breakfast food (190) with milk. Energen Bread (one or two Batonettes) with butter and honey or Energen Marmalade. Cup of weak tea with milk.

11 A.M.: Glass of fruit or tomato juice.

LUNCH: Steamed fish or slice of cold lean ham. Sieved green vegetable (or Heinz' strained vegetables) and mashed potato. Milk pudding or junket or Energen Strength of Wheat Shape (122), with puréed stewed fruit. Two Energen Fine Water Biscuits with small portion of cottage or Cheddar cheese.

TEA: Cup of weak tea with milk. Energen Digestive Biscuits (one large or two small) or Energen Bread (two or three Rusks) with Energen Fruit Product (sugarless jam).

DINNER: Vegetable soup. Macaroni Noodles and tomatoes (149B) or steamed cauliflower with white sauce. Baked apple or sieved stewed apricots or peaches. Energen Bread (one or two Batonettes) with butter.

ON RETIRING: Glass of Kia-Ora lemon or orange squash.

BRONCHITIS

When bronchitis is in the acute stage the most suitable diet is one which would be given during any feverish complaint, viz.: very light semi-solid food consisting chiefly of milk, milk with cereals, vegetable broth and fruit juices.

In chronic bronchitis more variety and latitude can be allowed, but the diet should still be light and easily digestible, avoiding much meat, all fried foods, coarse vegetables and heavy starchy foods. Energen Foods, including bread, biscuits and Protein Food, form a light, nourishing and easily digestible basis for such a diet.

BRONCHITIS (Acute)

BREAKFAST: Orange juice or half grapefruit. Energen Strength of Wheat prepared as breakfast food (190) with milk. Energen Bread (two Rusks) with butter. Energen Cocoa made with milk.

11 A.M.: Cup of Marmite.

1 P.M.: Vegetable broth. Junket or Energen Strength of Wheat Shape (122). Glass of fruit juice.

3 P.M.: Glass of milk or Benger's Food.

6 P.M.: Cream soup. Milk pudding made with Energen Tapioca or Energen Semolina, or Jelly. Fruit juice. Energen Bread (two Rusks) with butter.

8 P.M.: Cup of Energen Protein Food.

BRONCHITIS (Chronic)

ON RISING: Glass of hot water.

BREAKFAST: Energen Bismeal Breakfast Food with milk or cream. One egg, boiled or poached. Energen Bread (one Batonette) with butter and Energen Marmalade. One cup of weak tea or coffee or Energen Cocoa.

LUNCH: Lettuce or tomato salad with one teaspoonful olive oil. Portion of cream cheese. Stewed fruit with Energen Strength of Wheat Shape (122). Energen Bread (two Rusks) with butter. One glass of milk.

TEA: Cup of China tea with milk. Two small Energen Digestive Biscuits with butter.

DINNER: Vegetable soup. Choice of:—Steamed or grilled white fish, or omelette, lamb cutlet or chicken. Boiled or mashed potato. Green vegetables (cauliflower, spinach or sprouts—not coarse vegetables). Fruit jelly or junket, or baked apple with cream. Two Energen Fine Water Biscuits with butter and cream cheese.

ON RETIRING: Cup of Energen Protein Food.

CATARRH

In catarrhal conditions the inflamed membranes, such as the lining of the nose and throat, pour forth an excess of their normal secretions. This condition is believed to be made worse by a diet containing too much carbohydrate, which "water-logs" the tissues. Plenty of vitamins, especially vitamin A, are also necessary to keep the mucous membranes in good condition. The accompanying diet is low in starch and sugar, and has a high vitamin content.

BREAKFAST: Choice of:—Half grapefruit, orange, apple or stewed prunes. Energen Bismeal Breakfast Food with milk or cream. Choice of:—One or two soft-boiled, poached or scrambled eggs, rasher of bacon or fish. Energen Bread (one Batonette) with butter. One cup of tea or coffee.

LUNCH (*a light mid-day meal*): Energen Bread (one Batonette) and butter, cheese. Tomato or green salad. Fruit or fruit salad. Two large Energen Digestive Biscuits (and butter if desired). Glass of fruit juice or milk (hot or cold).

TEA: One cup of tea, with two Energen Rusks (buttered) or two small Energen Digestive Biscuits.

DINNER: Cream soup. Choice of:—Lean meat, fish, Macaroni Cheese (147) or omelette. Potatoes and green vegetables or vegetable salad or green salad. Choice of:—Fruit salad, stewed fruit, fruit pie, or pudding made with Energen Strength of Wheat (100), Tapioca, Semolina or Macaroni. Energen Bread (one Batonette) and butter, Cheddar cheese.

BEFORE RETIRING: Choice of:—Cup of Energen Cocoa or Energen Protein Food, etc.

COLITIS, MUCOUS

In mucous colitis the lining membrane of the large intestine is in a sensitive, irritable condition. The diet must, therefore, be smooth, non-irritating, and not liable to produce excessive fermentation. Energen Foods, being peculiarly light and smooth in texture, as well as low in fermentable starch, are specially useful in this condition.

On rising : Juice of one orange.

Breakfast : Energen Strength of Wheat prepared as breakfast food (190) with milk. One soft-boiled egg. Energen Bread (one or two Batonettes) with butter and honey or Energen Bramble Jelly. Half glass of milk.

11 a.m. : Glass of tomato juice.

Lunch : Steamed white fish or minced chicken, Energen Macaroni Cheese (147) or Macaroni Noodles and Tomatoes (149b). Small portion of creamed potato. Milk pudding made with Energen Semolina or Tapioca or Energen Custard. Fruit juice. Energen Bread (one Batonette or four Rusks) with butter.

Tea : Cup of very weak China tea with milk. Energen Bread (two Rusks) with butter.

Dinner : Vegetable soup made with milk, or glass of tomato juice, or oysters. Choice of :—Stewed lamb or chicken, or white fish, or minced liver or poached egg. Creamed potato ; purée of carrots or cauliflower (Heinz' strained vegetables are very suitable). Jelly or junket with cream. Fruit juice. Energen Bread (two Rolls) with butter. Small portion of cream cheese.

On retiring : Cup of Benger's Food.

COMMON COLD

In the acute stage of a common cold the diet should be as light as possible with plenty of fluid, consisting largely of fruit juices.

In the convalescent stage the diet should be nourishing but light, with special avoidance of heavy starchy and sugary foods, since excessive carbohydrate tends to " water-log " the tissues, making them more vulnerable to the bacteria causing the cold. Plenty of vitamin A should be ensured by the inclusion of milk, butter, eggs and green vegetables.

COMMON COLD (Acute Stage)

Breakfast : Half grapefruit or one orange. Energen Strength of Wheat as breakfast food (190), with milk. Energen Bread (one Batonette) with butter and honey. Cup of tea or Energen Cocoa.

11 a.m. : Cup of Marmite.

Lunch : Glass of tomato juice or cream soup. Savoury egg custard or purée of vegetables (Heinz' strained vegetables). Energen Bread (one Roll) with butter.

Tea : Cup of China tea. Energen Bread (two Rusks) with butter.

6 p.m. : Vegetable soup. Milk pudding made with Energen Semolina or Energen Tapioca. Fruit juice or jelly or junket, etc. Energen Bread (one Batonette) or four Energen Biscuits with butter.

8 p.m. : Cup of Energen Protein Food and milk.

On retiring : Glass of hot water with juice of one lemon.

COMMON COLD (Convalescent Stage)

ON RISING: Glass of hot water or juice of one orange.

BREAKFAST: Energen Bismeal Breakfast Food with milk. One soft-boiled egg. Energen Bread (one or two Batonettes) with butter. Honey or Energen Marmalade. Tea, coffee or Energen Cocoa.

LUNCH: Vegetable soup. White fish or chicken. Mashed potato. Spinach, cauliflower, sprouts or carrots. Strength of Wheat Shape (122) or junket or Energen Custard, stewed or raw fruit. Energen Bread (one Roll) with butter.

TEA: One cup of tea. Energen Digestive Biscuits (one large or two small).

SUPPER: Cream cheese with lettuce and tomato salad. Milk pudding made with Energen Semolina or Energen Tapioca or fruit jelly with cream. Energen Bread (one Roll) with butter.

ON RETIRING: Cup of Energen Protein Food.

CONSTIPATION

The diet for constipation should contain plenty of those foods which provide bulk and " roughage " to stimulate the movement of the intestines.

Fresh fruits, dried fruits, green vegetables and salads and wholemeal cereals must form a large part of such a diet. A certain amount of fat, in the form of butter, cream and olive oil, helps to provide lubrication, and fluids should be taken freely.

Energen Bran Biscuits are a good source of the necessary " roughage," and Energen Fruit Products (sugarless jams), which contain glycerine, have a definite, but gentle, laxative action.

ON RISING: Two glasses of cold (or hot) water.

BREAKFAST: Apple, grapefruit, orange or fresh fruit in season, or stewed fruit (prunes, apricots, pears, figs), with tablespoonful of Bemax. Energen Bismeal, the Wholewheat Breakfast Food, with cream. Energen Bread (one Wholemeal Baton) with butter, and honey or Energen Marmalade. Coffee with cream.

11 A.M.: A glass of fruit juice or Kia-Ora, or two glasses of water.

LUNCHEON: Egg or fish mayonnaise with tomatoes or green salad with dressing. Fresh or stewed fruit with cream or Energen Custard. Energen Bread (half Wholemeal Baton) with butter.

4 P.M.: Glass of fruit juice or cup of tea — freshly made—with two or three small Energen Digestive Biscuits, or gingerbread, or 2 slices of Wholemeal Bread.

DINNER: Vegetable soup. Small serving of meat. Potato and two green vegetables or green salad. Energen Bread (half Wholemeal Baton) and butter. Pudding made with Energen Brown Flour, or Energen Bismeal (83). Dessert: fresh fruit in season.

BED-TIME: Portion of dates, dried figs, or prunes. Glass of hot water.

As directed by the physician—Energen Bran Biscuits.

DIABETES

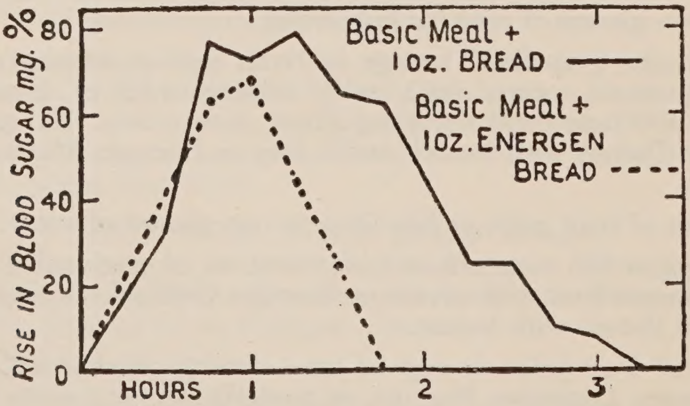
Insulin, which is a substance produced in the normal body in quantities sufficient to metabolise (or " burn up ") the starch and sugar (carbohydrate) in a normal diet, and to prevent the symptoms of diabetes, is not produced adequately by the diabetic. It must, therefore, be supplemented by the injection of one of the various forms of insulin on the market.

At the same time, the diabetic's own insulin-producing organ (the pancreas) must be protected from the strain and exhaustion of attempting to deal with an excessive amount of carbohydrate food. Diet is, therefore, all-important for those who suffer from diabetes. Fortunately, during the last few years, medical research has shown that the diabetic need no longer suffer the severe deprivation of earlier days; he can with safety take a reasonable amount of carbohydrate, but he must not exceed this reasonable amount, even when taking insulin, and the actual quantity allowed is a matter for the doctor in charge of the case to decide, according to the ability of each individual to tolerate and metabolise carbohydrate.

The chief carbohydrate foods are sugar, bread, biscuits, flour, jam, dried fruits, some sweet raw fruits, potatoes and other root vegetables.

Sugar, being practically pure carbohydrate, must be denied to the diabetic, since even quite a small amount would cause his carbohydrate allowance to be exceeded before other foods, necessary for health and for satisfaction of the appetite, could be included. Bread contains a high percentage of carbohydrate, and can, therefore, only be allowed in small quantities. If, however, a starch-reduced bread, containing a known, standardised and comparatively low percentage of carbohydrate, is used, it is possible to allow a larger amount of this, or a wider variety of other carbohydrate containing foods, such as fruits or vegetables of the 10–20 per cent. order, as shown in the tables on page 68.

The amount of sugar in the blood, tested at intervals and drawn as a " curve " is a measure of the tolerance of the diabetic for carbohydrate foods. The accompanying figure shows how Energen starch-reduced bread compares with ordinary bread in this respect.



Attention must also be paid to the correct proportion of protein and fat in the diet, since the metabolism of these elements is also disturbed in diabetes. Most doctors use one of three diets, known as " low," " medium " and " high " carbohydrate diets, containing 100, 160 and 240 grams of carbohydrate respectively, according to the condition of the diabetic and the amount of insulin he is receiving.

Examples of these three diets, in which the carbohydrate, protein and fat content are accurately calculated and balanced, and in which Energen starch-reduced products are included, are shown below.

DIABETES (Low) (100 gms. carbohydrate)

BREAKFAST: Grapefruit, half. Energen Bismeal Breakfast Food, one ounce. With thin cream (20 per cent.), two ounces. Energen Bread (one Batonette), with Marmite and butter, half ounce. Tea with milk, one ounce, one cup.

LUNCH: Egg (boiled), one. Lettuce, watercress or celery, four ounces, and one tomato. Energen Bread (one Baton) with butter, half ounce. Fruit (under 5%, see p. 68), eight ounces. One glass Kia-Ora Diabetic Lemon or Orange Squash.

TEA: Tea with milk, two ounces, one cup. Energen Digestive Biscuits (two small or one large).

DINNER: Clear soup, half pint, or cup of Marmite. Meat, lean (or fish, white), two and a half ounces. Vegetables, cooked (under 2%, see page 68), sixteen ounces. Energen Bread (one Batonette) with butter, half ounce. Energen Tapioca Pudding (103). Energen Bran Biscuits, two. Orange (small), one.

DIABETES (Medium) (160 gms. carbohydrate)

BREAKFAST: Grapefruit, half, or orange. Energen Bismeal, one ounce, with cream, two ounces. Liver (calves') two ounces, or bacon one ounce. Energen Bread (one Baton) with butter, one ounce. Energen Marmalade, one ounce. Coffee with milk, two ounces, one cup.

LUNCH: Cheese Pudding (141). Green salad (under 5%, see page 68), eight ounces. Energen Bread (one Baton) with butter, one ounce. Fruit salad (under 5%, see page 68), four ounces. Kia-Ora Diabetic Lemon or Orange Squash.

TEA: Tea with milk, two ounces, one cup. Energen Digestive Biscuits (four small or two large).

DINNER: Clear soup or Marmite, half pint. Meat, lean (cooked), two and a half ounces. Potatoes, two ounces. Vegetables (under 5%, see page 68), six ounces. Energen Bread (four Rolls) with butter, one ounce. Chocolate blancmange without sugar (106). Raw apple, orange or pear. Energen Fine Water Biscuits, three, with cheese, half ounce.

DIABETES (High) (240 gms. carbohydrate)

BREAKFAST: Energen Bismeal, two ounces, with milk, two ounces. Boiled egg, one. Bacon, one ounce. Energen Bread (one Baton) with Marmite, and butter, three-quarter ounce. Coffee with milk, one ounce, one cup.

LUNCH: Energen Nourishing Savoury (156). Lettuce, cress or celery, four ounces. Energen Bread (one Baton) with butter, half ounce. Energen Tapioca Pudding. Energen Fine Water Biscuits, two. Kia-Ora Diabetic Lemon or Orange Squash.

TEA: Tea with milk, two ounces, one cup. Energen Digestive Biscuits (four small or two large).

DINNER: Clear soup, half pint, or cup of Marmite. Meat, lean (cooked), three ounces. Potatoes, six ounces. Carrots, parsnips, turnips or onions, three ounces. Energen Bread (one Baton) with butter, three-quarter ounce. Wheaten Delight (126) (made without sugar). Fruit salad. Coffee with milk, two ounces.

DYSPEPSIA (*Indigestion*)

In dyspepsia, or indigestion, certain foods, easily digestible by the normal person, give rise to pain, nausea, acid eructations, and most commonly, flatulence. In the variety of indigestion known as "carbohydrate dyspepsia" the chief offending articles of diet are the starchy foods—bread, cereals, potatoes, pastry, etc.—which, if not adequately digested, undergo excessive fermentation, with the formation of a large amount of gas.

The most suitable diet for this form of dyspepsia is one which excludes all rich, highly-spiced, twice-cooked and fried foods, and which contains only a moderate amount of carbohydrate, but sufficient to maintain health and energy. This carbohydrate or starchy food should also be in a form which causes no strain on the digestive organs.

Energen Bread is essentially suitable as the basis of such a diet. It is not only starch-reduced, to the extent of 40 per cent. less than ordinary bread, but owing to the alteration of its starch granules during the special process by which it is made, it can be easily digested by people who are unable to eat ordinary bread without discomfort. In Energen Bread, gluten, which is a vegetable protein of high nutritive value, is present in large amounts and forms a protective covering for the starch granules which are already partially ruptured during the Energen process. This covering is only slowly decomposed by the digestive juices so that the starch is released gradually and can be dealt with by weak digestive juices without causing excessive fermentation.

The accompanying diet is specially constructed to contain no articles of food which might cause dyspepsia, but is sufficiently nutritious to maintain health and energy in an active person.

BREAKFAST : Energen Bismeal Breakfast Food, two tablespoonfuls, with milk or cream. One or two eggs, soft-boiled (or poached), or fish. Energen Bread (two Batonettes) with fresh butter and Energen Bramble Jelly. Energen Cocoa made with milk, one cup.

LUNCH : Choice of :—Cheese and Wheat Soufflé (144). Minced chicken, if allowed, white fish or poached egg on spinach. Potato and one green vegetable, puréed. Energen Bread (one Batonette) with butter. Milk pudding or Energen Custard or junket. Glass of milk (hot or cold).

TEA : One cup of China tea.

DINNER : Soup. Lean meat, if allowed. Two green vegetables (puréed). Fruit, if allowed, or Energen Strength of Wheat Shape (122), blancmange or junket. Energen Bread (two Rolls or half Batonette) with butter and cheese.

GALLSTONES

Gallstones are practically always associated with inflammation of the gall-bladder and bile-ducts and with digestive disturbance. A suitable diet must, therefore, be very light and easily digestible ; meals should be small in quantity, and fluids, especially alkaline mineral waters, should be taken freely between meals. Foods such as cream, egg yolk, brains, sweetbreads, the fat of pork, veal, salmon, sardines, which are rich in cholesterol (which is present is most gallstones) should be strictly limited.

On rising: Glass of hot water.

8 a.m. Breakfast: Half grapefruit or stewed prunes. Energen Bismeal Breakfast Food, two ounces, with milk. Energen Bread (one Batonette or half Wholemeal Baton) with butter. Honey or Energen Marmalade.

10.30 a.m.: Cup of milk with teaspoonful of Marmite. Energen Digestive Biscuits (one large or two small).

12 noon: Glass of still mineral water (Harrogate, Vichy, Contrexéville).

1 p.m. Lunch: Cream or cottage cheese, or white fish, grilled or steamed. Green salad with dessertspoonful of olive oil. Energen Bread (one or two Rolls) with butter. Milk pudding made with Energen Semolina or Energen Tapioca, stewed fruit or raw fruit in season.

4 p.m.: One cup of China tea with milk. Two small Energen Digestive Biscuits.

6 p.m.: Glass of mineral water.

7.30 p.m. Dinner: Clear soup (no fat). Choice of:—Grilled cutlet, steak or chicken. Small portion mashed potato. Green vegetable, with one teaspoonful olive oil. Energen Strength of Wheat Shape (122), or steamed pudding made with Energen Brown Flour. Stewed or raw fruit. Energen Bread (two slices of Wholemeal Baton) with butter and small portion of cheese. Glass of hot water.

GASTRO-INTESTINAL DISORDERS

(Bland Diet)

In certain conditions of inflammation of the digestive organs, such as gastric or duodenal ulcer, severe colitis, etc., a very soft, smooth, bland diet, causing no irritation or over-stimulation, is required.

Milk and milk foods, soft cereals, fruit juices, soft stewed fruits without skins or seeds, strained vegetables, vegetable soups and meat extracts must form the basis of such a diet. Since most of these foods are low in protein, it is necessary to be sure that the diet as a whole contains sufficient protein for nutrition. Energen Bread and Cereals are not only of light, easily digestible consistency, but are very rich in vegetable protein, and can, therefore, form the basis of a bland, nutritious diet.

On rising: Juice of one orange or one grapefruit.

Breakfast: Energen Strength of Wheat prepared as breakfast food (190), with milk or cream; or choice of two eggs or fish (steamed). Energen Bread (two Batonettes) with butter and Energen Bramble Jelly. Energen Cocoa made with milk, one cup.

11 a.m.: Glass of fresh milk, warm, with one teaspoonful of Marmite stirred in.

Lunch: Chicken, if allowed, or white fish. Vegetables, puréed (Heinz' strained vegetables are particularly suitable). Energen Bread (one Batonette) with butter. Milk pudding or Energen Custard or junket.

4 p.m.: If desired, cup of China tea with milk.

Dinner: Cream soup. Small portion lean meat, if allowed. Potato and one vegetable (puréed). Choice of sweet: baked apple (without skin) or other fruit if allowed. Energen Bread (one Batonette) with butter and lactic cheese.

On retiring: Cup of Energen Protein Food.

GOOD GENERAL HEALTH

The balanced diet necessary for good general health must contain the correct quantity and proportion of protein, carbohydrate and fat, plenty of " protective " vitamins and mineral-containing foods, a certain amount of " roughage " for stimulating intestinal action, not too many acid-producing foods, and a liberal amount of fluid.

For an active, well-built man, a daily allowance of three and a half ounces of protein (from meat, fish, eggs, milk and some cereals and vegetables), three and a half ounces of fat (from butter, the fat of meat and cream), and fourteen ounces of carbohydrate (from bread, cereals, sugar, root vegetables and some fruits) is considered ample ; women and less active men of slender frame need considerably less.

The " protective " foods are represented by dairy products, whole grain cereals, fresh fruits, salads and vegetables ; the "roughage" also by whole grain cereals, green vegetables and fruits both fresh and dried ; the " non-acid " foods by fruits, vegetables and milk.

The following diet represents all these requirements, combined to form a nutritious, well-balanced diet.

BREAKFAST : Choice of :—Half grapefruit, orange, apple or stewed prunes. Energen Strength of Wheat prepared as porridge (190) or Energen Bismeal Breakfast Food with milk or cream. One or two soft-boiled, poached or scrambled eggs, with slice of cold ham or two rashers of bacon. Energen Bread (two Batonettes) with butter ; Energen Marmalade, if desired. Cup of tea or Energen Cocoa.

LUNCH (*a light mid-day meal*) : Energen Bread (one Batonette) and butter, cheese, and tomato or vegetable salad. Fruit salad with cream, or steamed pudding, or fruit tart with Energen Custard. Two or three Energen Fine Water Biscuits. Glass of fruit juice, lemonade, etc.

TEA : One cup of tea, with two Energen Rusks (buttered), or Energen Digestive Biscuits (one large or two small). Slice of plain cake.

DINNER (*after business hours*) : Cream soup. Choice of lean meat, fish, Energen Macaroni Cheese (147), or Energen Macaroni Noodles and Tomatoes (149B), or omelette. Potatoes and green vegetables or vegetable salad. Choice of stewed fruit with custard or cream, if desired, or milk pudding made with Energen Strength of Wheat, Energen Tapioca, Energen Semolina, or Energen Macaroni or pudding made with Energen Flour. Raw apple or orange or pear. Energen Bread (one Batonette or two Rolls) and butter, cheese.

BEFORE RETIRING : Cup of Energen Cocoa. Twice weekly : cup of Energen Protein Food.

HIGH BLOOD PRESSURE

In high blood pressure it is important to avoid all strain on the heart, blood vessels and kidneys, by exercising great moderation in food as a whole, by limiting the amount of animal protein (meat, eggs, etc.) and by avoiding all articles which might cause over-stimulation (alcohol, strong tea and coffee) or indigestion (rich foods, excess of starchy foods, etc.). Whether meat is taken in moderation or excluded altogether should be left entirely to the discretion of the doctor.

BREAKFAST: One orange, half grapefruit, stewed prunes or fruit in season. Choice of:—Energen Strength of Wheat or Energen Bismeal Breakfast Food with milk or cream. One egg (soft-boiled or poached). Energen Bread (one or two Batonettes) with butter (and Energen Marmalade if desired). Energen Cocoa made with milk, one cup.

LUNCHEON: Choice of:—White fish, Cheese Pudding (141), Energen Macaroni Noodles and Tomatoes (149B), or Energen Bismeal Sausage (135). Two vegetables. Milk pudding or Energen Custard or junket. Energen Bread (one Batonette), buttered if desired. Glass of milk (hot or cold).

TEA: One cup of weak tea. Three Energen Rusks, buttered, or one large Energen Digestive Biscuit.

DINNER: Cream soup. Choice of:—Energen Macaroni Noodles and Tomatoes (149B), Energen Semolina Fish Sausages (29), Energen Bismeal Cheese Pudding (141), or if permitted chicken, lamb, mutton or beef. Potato and one green vegetable or green salad in season. Choice of stewed fruit, nuts, milk pudding, Energen Custard, etc. Energen Bread (two Rolls or one Batonette), or two Energen Fine Water Biscuits with butter and cheese.

BEFORE RETIRING: Glass of milk or Bourn-Vita made with milk.

NEPHRITIS *(Chronic)*

In chronic nephritis (inflammation of the kidneys) the diet must be planned to place as little strain as possible upon the kidneys, especially with regard to meat and salt. Enough protein, which is to a great extent represented by meat, fish and eggs in the normal diet, must be given to maintain strength, but when nephritis is present it should consist chiefly of vegetable protein and milk. Energen Foods are very rich in the vegetable protein, gluten, and can form the basis of a diet which contains enough protein for the needs of the body without overstraining the kidneys.

BREAKFAST: Energen Strength of Wheat prepared as breakfast food (190), with milk or cream; or choice of one egg or fish. Energen Bread (four Rolls) with butter and Energen Marmalade. Cup of (China) tea with milk.

11 A.M.: Glass of Kia-Ora Lemon Barley.

LUNCH: White fish. Two vegetables. Energen Bread (two Rolls) with butter. Choice of baked apple, Energen Custard, junket or fruit jelly.

4 P.M.: If desired, cup of (China) tea, with milk.

DINNER: Vegetable soup. Chicken or lamb. Potato and one green vegetable. Milk pudding made with Energen Semolina or Tapioca or Energen Custard. Energen Bread (four Rolls) and butter, with small portion cheese.

ON RETIRING: Cup of Benger's Food.

Energen Bread (one Batonette, or three Rolls, or seven Rusks). The patient will do well to adhere strictly to the use of Energen Breads and Foods as stated. Substitutes not based upon calculation by the physician will upset the essential balance of the dietary.

NERVOUS DEBILITY

The diet in nervous debility must be directed towards increasing the appetite, building up the nutrition generally and stimulating the nervous system so that the lack of stamina and nervous instability are overcome.

Plenty of vitamin B1, which has a beneficial influence on both the appetite and the nervous tissues, should be provided in the form of yeast extracts, wheat germ, and whole grain cereals—of the latter class, Energen Bismeal Breakfast Food is an outstanding example.

BREAKFAST: Choice of :—Half grapefruit, orange, apple or stewed prunes, with tablespoonful of Bemax. Energen Bismeal Breakfast Food with milk or cream. One or two soft-boiled, poached or scrambled eggs, or rasher of bacon. Energen Bread (one Batonette) with butter, Energen Marmalade if desired. Cup of tea or Energen Cocoa.

11 A.M.: Cup of Marmite.

LUNCH: Energen Bread (one Batonette) with butter, cheese and tomato or vegetable or fruit salad. Two large Energen Digestive Biscuits (with butter if desired). Glass of milk (hot or cold).

TEA: One cup of tea, with Energen Bread (two Rusks, buttered) or two small Energen Digestive Biscuits.

DINNER: Cream soup. Choice of lean meat, fish, Energen Macaroni Cheese (147) or omelette. Potatoes and green vegetables or vegetable salad. Choice of fruit salad or stewed fruit with Energen Custard if desired, or milk pudding made with Energen Strength of Wheat (100), Energen Tapioca, Energen Semolina or Energen Macaroni; steamed pudding made with Energen Flour. Energen Bread (two Rolls) with butter, cheese.

ON RETIRING: Cup of Energen Cocoa. Twice weekly, cup of Energen Protein Food.

SPECIAL NOTE: Take a glass of water occasionally between meals.

NEURITIS

(including Neuralgia, Sciatica, Migraine)

Most forms of neuritis are believed to be connected with an underlying deficiency of vitamin B1. Foods containing this vitamin—eggs, liver, whole grain cereals—should form a large part of the diet for neuritis and, in addition, some preparation of yeast or wheat germ should be taken in order to ensure a liberal supply.

ON RISING: Juice of one orange.

BREAKFAST: Energen Bismeal Breakfast Food with milk. One egg, boiled or poached. Energen Wholemeal Bread (one Baton) with butter and honey, or Energen Marmalade. Tea or coffee or Energen Cocoa with milk.

11 A.M.: Cup of Marmite.

LUNCH: Energen Macaroni Cheese (147), Macaroni Noodles and Tomatoes (149B), herring roe on toast, or omelette. Salad of lettuce and tomato. Stewed fruit with Bemax; or milk pudding made with Energen Semolina or Energen Tapioca. Fruit juice. Energen Bread (one Roll) and butter.

TEA: China tea with milk. Energen Digestive Biscuits (one large or two small).

DINNER: Half grapefruit or vegetable soup. Lamb, beef or chicken. Potatoes and green vegetables. Steamed pudding made with Energen Brown Flour. Raw apple or orange or nuts and raisins.

ON RETIRING: Two Energen Biscuits with butter and cheese.

OBESITY

Reduction of weight in obese people is not merely a matter of improving the appearance; it is an absolute necessity for health.

Fat is deposited not only upon the surface of the body but also in and around the internal organs, laying an unnecessary burden upon them and hampering them in performing their natural functions. If obesity is allowed to continue unchecked, serious disorders of health may arise. High blood pressure, diabetes and gallstones are known to be frequently preceded or accompanied by obesity, and "fatty heart" is a common consequence.

The avoidance or cure of obesity, whatever its original cause, can only be achieved by adjusting the diet so that no excess of food is left to be deposited as fat when the needs of the body for nutrition and energy are satisfied. Since excess of both the fatty foods (butter, oils and fats generally) and of the sugar and starches (bread, flour, cereals, potatoes, etc.) are readily converted into fat, the reduction must fall chiefly on these foodstuffs. The total amount of food eaten must also be reduced and, in order to avoid a feeling of hunger, the more bulky foods of low value (fruits, vegetables and salads) should form a large part of the diet. At the same time, the restriction of food should not be so severe as to cause loss of strength and energy, and the diet must be well-balanced with regard to the kinds of foods and the vitamins and minerals it contains.

Energen starch-reduced bread is a valuable substitute for ordinary bread in cases of obesity, since it is highly nutritious without being fat-forming.

In certain cases it may be necessary to reduce the amount of food very strictly for some time at first, or to give various glandular extracts, but these measures should only be taken under medical supervision.

The accompanying diet is one of moderate reducing value, suitable for the average individual who needs reduction of weight, and should produce a gradual loss of not more than two pounds per week.

ON RISING: The juice of one fresh lemon in water, no sugar.

BREAKFAST: One orange, half grapefruit or apple. Energen Bismeal (the Starch-Reduced Breakfast Food), two tablespoonfuls, with milk.* Choice of one egg, one kidney (grilled), or white fish (four ounces) steamed or boiled, or lean ham. Energen Bread (one Batonette), one small ball of butter and/or Energen Marmalade, small portion. Cup of coffee or tea with milk*, no sugar†.

LUNCH: Choice of apple, pear, small bunch of grapes, etc., or fresh fruit in season. Salad of egg, tomato and lettuce, radishes or watercress. Energen Bread (half Batonette or two Rolls) thinly spread with butter. Glass of fruit juice.

TEA: One or two cups of tea, with milk*, no sugar†. Two Energen Rusks thinly spread with butter, or Energen Digestive Biscuits (one large or two small).

DINNER: Clear thin soup. Medium portion (three ounces when cooked) boiled, broiled or roast lean meat—choice of lamb, mutton, beef, veal or chicken. Liberal portion green vegetables (Brussels sprouts, spinach, cabbage, asparagus, etc.), or green salad—no oil or salad cream. Energen Bread (half Batonette or two Rolls) with butter. Choice of:—Stewed fruit, jelly or small portion of pudding made with Energen Flour, Semolina, or Strength of Wheat (100). Dessert:—Choice of fruit as indicated for lunch. If desired, black coffee, no sugar†.

ON RETIRING: Glass of hot water with fresh lemon juice, no sugar†, or Kia-Ora "Slimming" Lemon or Orange Squash.

* Use skimmed milk. † If desired, sweeten with saccharin.

LIGHT DIET *(Convalescence)*

After severe illness, not only are the tissues wasted but the digestive organs are weakened and must be gradually re-accustomed to taking a nourishing diet. The diet must, therefore, be light and easily digestible and, at the same time, rich in protein, which repairs the bodily tissues and builds up the strength.

Energen Foods are specially suitable for the purpose, since they are light, easily digestible, appetising, and contain much more protein than ordinary foods of the same class.

The diet recommended for the Common Cold (convalescent stage) is particularly suitable for convalescence from any severe illness (see page 11).

DIET IN PREGNANCY

The special features of the correct diet during pregnancy are that it should be easily digestible and nourishing, but not liable to cause overweight, and that it should contain plenty of vitamins and minerals, especially calcium, phosphorus and iron, in order to allow good development of the bones and teeth and to prevent anæmia in both the mother and the new born infant.

ON RISING: Glass of orange juice and hot water.

BREAKFAST: Two ounces Energen Bismeal Breakfast Food with milk and one tablespoonful of Bemax. Two slices of bacon, one egg. Energen Bread (Wholemeal Baton) and butter. Energen Marmalade. Cup of Energen Cocoa made with milk.

11 A.M.: Glass of milk.

LUNCH: Choice of omelette, Energen Macaroni Cheese (147), Energen Noodles and Tomatoes (149B), white fish or cream cheese. Lettuce and tomato salad, with oil dressing. Choice of stewed prunes or figs with cream or Energen Custard or Energen Strength of Wheat Shape (122). Energen Bread (one Roll) with butter.

TEA: Cup of weak tea with milk. Energen Bread (two Rusks) or Energen Digestive Biscuits with butter. Honey or Energen Fruit Product. (Sugarless jam.)

DINNER: Half grapefruit or vegetable soup. Choice of grilled lamb cutlet, chicken, stewed mutton. Potato, boiled or mashed. Cauliflower, spinach, peas, beans or sprouts. Milk pudding made with Energen Tapioca or Energen Semolina. Choice of stewed or baked apple, or stewed apricots or peaches, raw pear, or orange. Energen Bread (half Batonette or four Rusks) with butter and cottage or Cheddar cheese.

ON RETIRING: Glass of milk or cup of gruel made with Robinson's Patent Groats. Two Energen Bran Biscuits.

One or two tablets of Energen Chocolate may be eaten during the day.

RHEUMATISM

It is not claimed that any one particular diet will prevent or cure every form of rheumatism, but there is no doubt that diet does play an important part in the development of rheumatic symptoms. People with a rheumatic tendency, especially when the joints are involved, should avoid obesity by taking only a moderate amount of food, since excessive weight places extra strain on the inflamed joints. They are also unable to deal with large amounts of starch and sugar, and are liable to attacks of " carbohydrate dyspepsia " which are almost always associated with an increase in their pain and stiffness. They are usually also made worse by foods which produce " acidity " and those which are difficult for even the normal person to digest.

For the commonest varieties of rheumatism (muscular rheumatism or fibrositis, including lumbago and sciatica, and mild chronic arthritis), therefore, it is believed that the most suitable diet is one which does not allow undue increase of weight, does not contain more than a moderate amount of starch and sugar, is not acid-forming, is easily digestible and contains plenty of fresh foods to supply the necessary vitamins and minerals.

Gouty arthritis and the very severe form of generalised inflammation and deformity of the joints known as rheumatoid arthritis, need some modification of the above principles of diet. In gouty arthritis it is also necessary to reduce as far as possible those foods which contain " purins "—kidney, liver, sweetbread, meat extracts, tea, coffee and red wines—while in rheumatoid arthritis a more generous diet, containing plenty of milk, eggs, butter and cheese, is necessary.

A dietary scheme in which all the factors considered are included can be easily and satisfactorily drawn up, using the Energen Food products, which are low in starch and very easily digestible.

The following represents a specimen menu of a diet suitable for the average case of rheumatism :—

BREAKFAST : Choice of fresh or stewed fruit. Choice of Energen Strength of Wheat or Energen Bismeal, two tablespoonfuls with cream or milk. One egg (soft-boiled or poached). Bacon fat, no lean. Energen Bread (six Rolls or two Batonettes) with butter. Energen Cocoa with milk, one cup.

LUNCH : One glass of milk (hot or cold). Energen Bread (six Rolls or two Batonettes) with butter. Cheese, with green salad. Choice of fresh or stewed fruit.

TEA : One glass milk (hot or cold) or cup Energen Cocoa or weak China tea, Three or four Energen Rusks, with butter, or two small Energen Digestive Biscuits.

DINNER : Cream soup. White fish or chicken. Potatoes in any form except fried. Choice of green vegetables, green salad. Choice of fruit salad or stewed fruit ; with Energen Custard if desired, or milk pudding made with Energen Strength of Wheat (100), Energen Tapioca, Energen Semolina, or Energen Macaroni, or junket. Energen Bread (two Rolls) or four Energen Biscuits and butter. Cheese.

SKIN DISORDERS

Many skin disorders are closely connected with errors in diet, of which the commonest are too much starch and sugar, too much fat and too many acid-producing foods. The most suitable diet is one which avoids all rich, sweet and fatty articles of diet, such as pastry, fat meat, fried foods, rich cakes and sauces, chocolate and candy, and which contains plenty of " alkaline-forming " foods—fruit (including lemons and oranges, which are not acid when " burnt up " in the body), vegetables, salads and milk.

ON RISING : Glass of hot or cold water with lemon juice.

BREAKFAST : Energen Bismeal Breakfast Food with milk. Slice of cold ham or lean bacon. Energen Bread (one Batonette) with one pat of butter. Weak (China) tea or weak coffee with milk (no cream).

LUNCH : Lettuce and tomatoes. Cottage or cream cheese. Energen Bread (one Roll) with one small pat of butter. Choice of one raw apple, orange or pear.

TEA : China tea (weak) with lemon. One large Energen Digestive Biscuit.

DINNER : Vegetable soup or half grapefruit. Roast lamb, cutlet, or lean chop. Spinach, carrots or brussels sprouts, etc. Potato, mashed or boiled. Stewed fruit or Energen Tapioca Pudding with fruit juices or jelly. Energen Bread (one Roll). Two Energen Fine Water Biscuits with one small pat of butter and small portion of cream cheese.

ON RETIRING : One cup Energen Protein Food.

UNDERWEIGHT

Many people who are below normal weight suffer from nervous and digestive disorders and are liable to various infections, including repeated colds. Such conditions of malnutrition must be avoided by taking a diet rich in foods of high " fuel " value—cream, butter, honey, dried fruits, etc.—and in the " protective " or vitamin-containing foods—dairy products, green vegetables, fresh fruit and salads.

The accompanying diet should produce a steady gain in weight, with a gradually increasing appetite and with no strain on the digestive organs.

BREAKFAST : One glass of orange juice or half grapefruit. Energen Bismeal (Wholewheat) Breakfast Food or Energen Strength of Wheat prepared as a porridge ; liberal serving with cream or fresh milk and honey. One egg, scrambled, lightly boiled or poached, or bacon or ham. Energen Bread (one Batonette) with plenty of fresh butter and Energen Marmalade. One cup of coffee or Energen Cocoa, with cream and sugar.

11 A.M. : One glass fresh (full cream) milk. Two or three tablets of Energen Chocolate.

LUNCHEON : Fish. Choice of salmon, herring, mackerel, sardines, etc., or Macaroni Cheese (147) or Macaroni Noodles and Tomatoes (149B), etc. Lettuce and tomato salad, liberal serving, with mayonnaise dressing. Energen Bread (one Batonette) with butter and Cheddar cheese.

4 P.M. : Two Energen Rusks and butter or two small Energen Digestive Biscuits. Cup of Energen Cocoa.

DINNER : Cream vegetable soup or meat broth. Roast lamb, mutton or chicken. Baked or mashed potatoes with butter. Peas or beans with white sauce made with Energen Flour (66). One green vegetable or green salad with dressing, liberal helping. Energen Bread (two or three Rolls). Choice of stewed fruit with custard or cream and dessertspoonful Bemax, milk pudding made with Energen Strength of Wheat (100), or Energen Tapioca or Energen Macaroni, junket, suet pudding with Energen Fruit Product (sugarless jam) or syrup. Nuts or apple.

ON RETIRING : Portion of dates, dried figs or prunes. One glass Energen Protein Food.

Diet for Children

THE NORMAL CHILD

The diet for the growing child should be based on the same principles as the balanced diet for the adult, but it needs special consideration in some aspects.

The rapidly growing tissues need an abundance of protein and of mineral salts, especially calcium and phosphorus, for good formation of bones and teeth, while complete assimilation of food cannot take place without an abundance of vitamins.

Milk should form an invariable part of the child's diet even when he has passed the stage of infancy; it provides vitamins A and D and plenty of calcium. Eggs and whole cereals ensure the vitamin B supply, and fruits and green vegetables vitamin C.

Carbohydrate is needed to supply the great expenditure of energy, but care must be taken that starchy foods do not form too large a proportion of the total intake. Excessive carbohydrate is known to be one of the commonest faults in the diet of children, predisposing to rickets, intestinal indigestion, and a " water-logged" condition of the tissues which increases their liability to infection.

Meat should be given only in limited amount. Milk, fish, eggs, and cheese should form the chief part of the animal protein supply, and foods rich in vegetable protein should make up the remaining protein quota.

DAILY MENU

SUMMER.

Breakfast: Energen Bismeal or Energen Strength of Wheat as breakfast food with sugar and milk. Stewed figs or prunes or raw apple or orange. Two slices of toasted bread made with Energen Flour (172) with butter. Honey or Energen Marmalade. Milk or Energen Cocoa made with milk.

Mid-morning: Cup of milk and Energen Digestive Biscuits (one large or two small).

Dinner: Fish or chicken or small quantity stewed lamb or minced beef. Mashed or boiled potato. Green vegetable. Energen Bread (two Rolls). Stewed fruit with cream or custard or Energen Strength of Wheat Shape (122) or milk pudding made with Energen Semolina or Energen Tapioca.

Tea-Supper: Salad of lettuce, watercress and tomato with cream cheese or boiled egg or sardines. Bread and butter. Scones made with Energen Brown Flour (178). Butter and Energen Strawberry Fruit Product (sugarless jam). Glass of milk or (for older children) weak tea with plenty of milk. Banana or apple or orange.

Bed-time: Glass of milk or fruit juice. One or two pieces of Energen Chocolate may be given after a meal.

WINTER.

Breakfast: Energen Bismeal or Energen Strength of Wheat as breakfast food with sugar and thin cream. One soft-boiled egg or grilled herring or two rashers of bacon. Two slices of toasted bread made with Energen Flour (172) with butter. Honey or Energen Marmalade. Apple or orange or banana. Milk or Energen Cocoa made with milk.

Mid-morning: Cup of warm milk and Energen Digestive Biscuits (one large or two small).

DINNER: Fish or chicken or roast or stewed lamb or minced or roast beef. Mashed or boiled potato. Green vegetable. Energen Bread (two Rolls). Steamed pudding or fruit tart with cream or custard or milk pudding made with Energen Semolina or Tapioca and stewed fruit.

TEA-SUPPER: Energen Macaroni Cheese (147) or Bismeal Sausage (135) with grilled tomato or poached egg or sardines on toast or vegetable soup made with milk. Two slices of bread made with Energen Flour (172). Scones made with Energen Brown Flour, with butter. Energen Damson or Apricot Fruit Product (sugarless jam). Banana or apple or orange. Cup of Energen Cocoa made with milk.

BED-TIME: Glass of milk.

One or two pieces of Energen Chocolate may be given after a meal.

THE ALLERGIC CHILD

Allergy to certain foods usually shows itself in children by reactions of the skin or of the mucous membranes, especially of the respiratory and gastro-intestinal tract. These reactions may be manifested in the form of urticaria (nettle rash), eczema, various skin eruptions, rhinitis (nasal catarrh), hay fever, bronchial asthma, nausea, vomiting, diarrhœa, etc.

Foods to which the child is sensitive may be determined either by skin tests or by trial elimination of suspected foods, but in the absence of such tests, certain foods should be avoided as a matter of dietetic routine. These include concentrated sweets, rich or highly spiced foods, shell fish, certain kinds of meat (pork, ham, veal, bacon, liver), nuts, condiments and spices. In certain cases milk and eggs are found to be the offending foods; if their elimination is necessary care must be taken to supply their equivalent in food value, calcium, iron, phosphorus and vitamins. Boiled, evaporated or dried milk and also cream are sometimes better tolerated than raw milk. If oranges and tomatoes have to be eliminated, other vitamin C containing foods must be provided in abundance. Cream cheese, if tolerated, will help to fulfil the requirements for calcium and phosphorus. Vitamins A and D may have to be supplied in the form of cod-liver or halibut-liver oil.

DAILY MENU

BREAKFAST: One orange, apple or banana. Energen Bismeal Breakfast Food or rolled oats with cream and sugar. Energen Bread (two Rolls) with butter and honey. Energen Cocoa with cream and sugar.

MID-DAY MEAL: White fish or chicken or stewed lamb. Potato. String beans or peas or carrots. Energen Bread (two Rolls) with butter. Banana jelly or stewed or baked apple with whipped cream.

TEA-SUPPER: Vegetable soup or half grapefruit. Cream cheese with lettuce and tomato. Energen Bread (two Rolls or four Rusks) with butter. Slice of plain sponge cake or rice cake. Cup of Energen Cocoa with cream.

THE ANÆMIC CHILD

The child who suffers from anæmia needs not only a well-balanced diet, containing all the elements necessary for normal nutrition, but certain foods known to be effective in promoting regeneration of hæmoglobin. Chief among these are liver, fresh fruits (especially peaches, apricots, oranges and grapefruit), lean meat, green vegetables (especially lettuce, spinach, asparagus and tomato), and dried fruits, including raisins.

Starchy foods should be given only in such quantities that they do not restrict the above hæmoglobin-regenerating foods. Plenty of fresh air and exercise are essential, and over-study and late nights should be particularly avoided. Since the digestion is often impaired the food should be simple and well-cooked; a source of vitamin B such as yeast extract may be given to stimulate a poor appetite.

Constipation should be avoided by giving " roughage," in the form of green vegetables, raw fruits, bran with stewed fruit for breakfast, or Energen bran biscuits.

DAILY MENU

BREAKFAST : Energen Bismeal Breakfast Food. One lightly boiled egg or stewed dried apricots or peaches with cream and one teaspoonful of bran. Energen Bread (two Rolls) or two slices of bread made with Energen Flour (172) with butter and honey or Energen Marmalade. Glass of milk.

11 A.M. : Cup of Marmite or fruit juice. Handful of raisins. Energen Fine Water Biscuit with butter.

DINNER : Liver or stewed steak and kidney or roast beef or scraped beef. Potato. Spinach or cabbage or cauliflower or spring greens, etc. Energen Bread (two Rolls). Stewed fruit with egg custard or Strength of Wheat Shape (122).

TEA-SUPPER : Salad of lettuce, watercress, and tomato with egg or grated cheese or sandwiches (bread made with Energen Flour (172)) of watercress and tomato or chopped egg and watercress. Scones made with Energen Brown Flour (178). Butter. Apple or orange or banana or grapefruit. Slice of raisin cake. Glass of milk.

BED-TIME : Glass of milk with tablespoonful of Bemax. Energen Digestive Biscuits (one large or two small).

THE BILIOUS CHILD

(Including Acidosis).

Biliousness in children, as an isolated attack, usually follows indiscretions in diet, and recovers best under a régime of partial starvation, followed by fruit juices with dry rusks or biscuits until the nausea disappears.

When the attacks occur at repeated intervals, in the form of cyclic vomiting, a condition of acidosis, with imperfect oxidation of fat, is often present. In such cases a low fat, high carbohydrate diet is the most successful in preventing the attacks.

Skim milk, which can be used in puddings and vegetable soups, should replace whole milk. Glucose or dextrimaltose are useful substitutes for sugar. When sandwiches are given, lactic or curd cheese may be used instead of butter, which should be limited to one ounce per day. Cream and cream ices should be avoided, but water ices are permissible. Barley sugar or boiled sweets may be given after meals, but chocolate and marzipan, etc., must be rigidly excluded.

DAILY MENU

Breakfast: Energen Strength of Wheat Breakfast Food or Robinson's Patent Groats with sugar and skim milk. Haddock or white fish. Energen Bread (two Rolls) with butter and honey or Energen Marmalade. Glass of skim milk. Raw apple.

11 a.m.: Cup of skim milk. Two Energen Rusks with Energen Fruit Product (sugarless jam).

Mid-day meal: Soup made with vegetables and thickened with cereal and milk. Two ounces of lean meat, chicken or white fish. Potato. Green vegetables, carrots or turnips. Energen Bread (two Rolls). Pudding made with Energen Tapioca or Energen Semolina and skim milk or custard made with white of egg only or Energen Custard. Stewed fruit.

Tea-Supper: Sandwiches of thin bread with lactic cheese, lettuce, tomato, etc. Four Energen Rusks with honey or Energen Fruit Product (sugarless jam). Glass of skim milk. Raw orange, apple or banana.

Bed-time: Glass of Kia-Ora Orange or tomato juice or skim milk with soda. Two small Energen Digestive Biscuits.

THE CONSTIPATED CHILD

The diet of the constipated child is as a rule too completely digestible, leaving insufficient residue. In this, the most frequently encountered type of constipation, the provision of a certain amount of residue-producing food (" roughage "), such as oatmeal, wholemeal bread and cereals, raw fruit and vegetables, with plenty of water or lemonade given on waking and between meals, usually has the desired effect. In some children, however, an excess of incompletely digestible food may irritate the intestine and set up a chronic intestinal indigestion. For these children, a complete change of food to the type recommended below for the "Dyspeptic Child" may cure the condition.

The formation of a normal habit of having the bowels moved regularly every day is almost as important a factor as diet in the prevention of constipation.

DAILY MENU

(" Roughage " type of diet).

On rising: Juice of one orange in glass of cold water.

Breakfast: Energen Bismeal Breakfast Food with milk. Stewed prunes or figs with cream and tablespoonful of Bemax. Energen Wholemeal Bread (half Baton) with butter. Energen Marmalade or treacle. Energen Cocoa made with milk.

11 a.m.—Glass of Kia-Ora Lemon or Orange Squash. One apple, orange or banana.

Dinner: Baked fish with tomato sauce or roast lamb or beef or stewed veal or rabbit. Baked potato. Cabbage, cauliflower or spinach. Energen Wholemeal Bread (half Baton). Baked apple with cream or Energen Tapioca pudding with stewed apple or apricot or steamed raisin or ginger pudding made with Energen Wholemeal Flour.

Tea-Supper: Vegetable soup or boiled egg or cream cheese or sardines. Salad of lettuce, watercress and tomato. Energen Wholemeal Bread (half Baton) with butter and Energen Blackcurrant or Strawberry Fruit Product (sugarless jam). Energen Digestive Biscuits (one large or two small). Glass of milk.

On retiring: Six dried prunes or four figs or half cupful soaked raisins with lemon juice or two Energen Bran Biscuits and glass of lemonade or orangeade.

THE "DELICATE" CHILD

The term "delicate" is often applied to children who have no definite organic disease but who are constantly being overcome by slight ailments. These children are usually thin, pale, and easily fatigued, have a poor or capricious appetite, are liable to colds, sore throats and infections, and resist all attempts to "fatten them up." Strenuous efforts to make them eat certain foods regarded as nourishing, especially fatty foods such as cream, only result in upsetting their digestion and impairing the little appetite they have. Their nutrition must be improved and maintained by careful provision and preparation of foods which shall be at the same time palatable, easily assimilable and nutritious. Milk must form a large part of the diet, but as these children often dislike milk a portion of the daily quota may be given in the form of puddings, milk jellies, custards, cocoa, etc. Green vegetables, also a frequent object of dislike, can be made more acceptable by being puréed and served in individual moulds. Boiled sweets and a good plain chocolate are a valuable source of food energy, but must not be permitted to replace other foods.

In the winter it is advisable to give cod-liver or halibut-liver oil as a routine addition to the diet.

DAILY MENU

BREAKFAST: Energen Strength of Wheat Breakfast Food with sugar and milk or thin cream or porridge made with Robinson's Patent Groats. Soft-boiled egg, stewed prunes or apricots or apple with tablespoonful of Bemax. Toasted bread made with Energen Flour (172) or Energen Bread (two Rolls) with butter. Honey or Energen Marmalade. Milk or Energen Cocoa made with milk.

MID-MORNING: Glass of milk, or fruit juice. One banana or apple or orange.

DINNER: Fish or chicken or roast or stewed lamb or beef. Potato with gravy. Puréed green vegetables (Heinz' strained vegetables) or finely chopped carrot. Energen Bread (two Rolls). Stewed fruit with Energen Strength of Wheat Shape (122) made in individual moulds. Fruit jelly or fruit salad with Energen Custard, etc.

TEA-SUPPER: Salad of lettuce, watercress, tomato, etc., with egg or grated or cream cheese. Bread made with Energen Flour (172) or scones made with Energen Brown Flour (178). Plenty of butter. Energen Fruit Product (sugarless jam). Slice of cake. Raw apple or orange or pear. Cup of Energen Cocoa made with milk.

BED-TIME: Glass of milk whipped with orange juice. One or two pieces of Energen Chocolate.

THE DIABETIC CHILD

The chief difference in the dietetic treatment of children with diabetes as compared with adults is that children need a relatively greater total amount of food and of protein, in order to maintain growth as well as health.

Most diabetic children tolerate badly a large amount of fat, especially if the carbohydrate content of the diet is low. Most recent authorities recommend, as in the case of adults, a higher carbohydrate diet than was usual some years ago. According to this modern conception, in the diet for a diabetic child of nine years weighing approximately 60 pounds, the total calorie content of about 2,000 would be made up of 230 grams of carbohydrate, 90 grams of protein and 80 grams of fat. The carbohydrate given may include potato, cereals and small quantities of ice-cream, if the value of these is carefully estimated and included in the total amount allowed. Concentrated sweets and desserts must be excluded, since their carbohydrate content is too readily available and may produce a rapid hyperglycæmia and glycosuria. Saccharine should, of course, replace sugar.

SPECIMEN DAILY MENU

Carbohydrate 230 grams; Calories, 2,000.

BREAKFAST: Half grapefruit. Energen Strength of Wheat or Energen Bismeal Breakfast Food, two ounces, with thin cream (one tablespoonful) and milk, quarter cup. One egg. Energen Bread (two Batonettes) with half ounce butter. One teaspoonful Energen Marmalade. Cup of Energen Cocoa made with milk

11 A.M.: Cup of Marmite or Kia-Ora Diabetic lemon squash with two Energen Fine Water Biscuits.

MID-DAY MEAL: Lean meat, fish, or poultry, two and a half ounces. One small potato. Carrots, string beans, cabbage, brussels sprouts or spinach, six ounces. Energen Bread (two Batonettes) with half ounce butter. Baked banana with lemon juice or baked apple or stewed gooseberries, loganberries, or rhubarb, with one tablespoonful thin cream.

TEA-SUPPER: Salad of lettuce and tomato with one ounce cream cheese or cheese egg savoury. Energen Bread (one Batonette or six Rusks) with third ounce butter. Chocolate blancmange (106) or Strength of Wheat pudding (100) or one heaped tablespoonful Energen Ice-cream (128). Small bunch of grapes or half cupful raw raspberries or loganberries or one small orange. Half glass of milk.

THE DYSPEPTIC CHILD

The manifestations of dyspepsia in children are usually related more to intestinal than gastric disorder. Children with this form of indigestion—often known as "starch dyspepsia"—have much difficulty in digesting starch and sugar. Foods containing "roughage," viz., raw fruits, vegetables, oatmeal and brown bread, also whole milk and certain fatty foods, often aggravate the condition.

The essential factors in dietary treatment are the reduction of farinaceous foods in general; the substitution of fruit juices and sieved stewed fruits for raw fruits; of malted milk, whey, buttermilk or peptonized milk for whole milk; of jellies, sponges or malted foods for milk puddings, pastry and sweets; and the avoidance of green vegetables, with the exception of cauliflower, spinach and marrow. Cereals should be thoroughly cooked and the protein intake should be slightly higher than that of the normal child.

The diet should not be continued too long after the child shows signs of improvement; his digestion should be gradually trained to deal with ordinary foods by introducing cautiously small quantities of milk pudding, mashed potato, soft stewed fruits and finely minced vegetables.

SPECIMEN DAILY MENU

ON RISING: Juice of one orange.

BREAKFAST: Malted cereal with skimmed milk. Energen Bread (two Rolls) with one pat of butter and teaspoonful of apple jelly or Energen Bramble Jelly. Glass of milk and limewater.

11 A.M.: Glass of fruit juice or cup of beef tea.

DINNER: Underdone beef or grilled or steamed white fish or rabbit or chicken Spinach cream or well-cooked cauliflower or marrow or Heinz' strained vegetables. Lemon sponge or jelly or apricot pulp with (after a week or two) milk pudding made with Energen Semolina or Tapioca. Two Energen Rusks with butter. Glass of buttermilk.

TEA-SUPPER: Glass of peptonized or malted milk. Four to six Energen Rusks with butter and small quantity calves-foot jelly. (After a week or two) Strength of Wheat shape (122) with fruit juice or pulp of baked apple.

BED-TIME: Glass of orange juice or milk and limewater.

THE RHEUMATIC CHILD

The child with a tendency to rheumatism, as manifested by "growing pains," sore throats, erythematous eruptions, etc., is regarded by many authorities as an "acidotic" child. A diet which tends to deviate the acid-base balance of the organism to the alkaline side is therefore recommended. Two other dietary factors are also considered to have an important beneficial influence, viz., reduction of carbohydrate and a high content of vitamin C.

The chief acid-forming foods are meat, eggs, bread and cereals, and these are also poor sources of vitamin C. The chief alkaline-forming foods are milk, raw fruit, vegetables and salads, and the last three are also the chief vitamin C containing foods.

A diet in which milk, fruit, vegetables and salads preponderate, and in which meat, eggs and starchy foods are kept at a low level, therefore, combines all these requirements.

SPECIMEN MENU

ON RISING: Juice of one orange.

BREAKFAST: Half grapefruit, or stewed figs or apples, with cream, or grilled tomato. Energen Bread (two Rolls) with butter. Energen Marmalade or honey. Glass of milk or cup of Energen Cocoa made with milk.

MID-MORNING: Glass of milk and two Energen Rusks.

DINNER: Vegetable soup made with milk. White fish or chicken or lamb. Potato, mashed or boiled. Cauliflower or finely chopped cabbage or carrot or brussels sprouts, etc. Stewed fruit with cream or junket or milk pudding made with Energen Semolina or Tapioca. (Not rhubarb, gooseberries, plums or strawberries.) Energen Bread (two Rolls) with butter.

TEA-SUPPER: Sardine or tomato sandwiches or Energen Rusks, buttered, with sardine and tomato salad. Raw fruit salad of orange, grated apple, banana, etc. Slice of plain cake made with Energen Flour. Glass of milk or cup of Energen Cocoa made with milk, or cup of Bourn-Vita.

BED-TIME: Glass of Kia-Ora Fruit Squash and Energen Digestive Biscuits (one large or two small).

SPECIAL DIETARIES

There are many conditions needing dietary treatment which cannot be dealt with by standard diets. In these cases the Energen Dietary Service gladly prepare, free of charge, a special diet for individual cases on receipt of the necessary indications from the physician — copy of this request card is shown below and will be sent on request.

PLEASE WRITE IN BLOCK LETTERS.

To ENERGEN DIETARY SERVICE. *Date*..

Please send to me/my patient :—

Name and Address of Patient { Mr. Mrs. Miss Title } ....

....

....

a DIET CHART suitable for..

The following are the necessary indications :—

Age Height Weight } Occupation..

..................years............ft. ....ins. ....st............lbs. } or Calories per diem..

Any special considerations :—

**Signed* ....

Address..

....

* This request must be signed by a Physician.

AVERAGE WEIGHT OF CHILDREN

Age Last Birthday	*Weight*				*Height*			
	Male		*Female*		*Male*		*Female*	
	st.	*lb.*	*st.*	*lb.*	*ft.*	*in.*	*ft.*	*in.*
5	2	12	2	11	3	4	3	3
6	3	2½	2	13¾	3	7	3	6
7	3	7¾	3	5½	3	10	3	8
8	3	13	3	10	3	11	3	10½
9	4	4½	3	13½	4	1¾	4	0¾
10	4	11½	4	6	4	3¾	4	3
11	5	2	4	12	4	5½	4	5
12	5	6¾	5	6½	4	7	4	7½
13	5	12½	6	3	4	9	4	9¾
14	6	8	6	12¾	4	11¼	4	11¾
15	7	4¾	7	8¼	5	2¼	5	1
16	8	7	8	1	5	4¼	5	1¾

TABLE OF AVERAGE HEIGHTS AND WEIGHTS (IN LBS.) MEN

Age.	5 ft. 0 in.	5 ft. 1 in.	5 ft. 2 in.	5 ft. 3 in.	5 ft. 4 in.	5 ft. 5 in.	5 ft. 6 in.	5 ft. 7 in.	5 ft. 8 in.	5 ft. 9 in.	5 ft. 10 in.	5 ft. 11 in.	6 ft. 0 in.	6 ft. 1 in.	6 ft. 2 in.	6 ft. 3 in.	6 ft. 4 in.	6 ft. 5 in.
20	117	119	122	125	128	132	136	140	144	148	152	156	161	166	171	176	181	186
25	122	124	126	129	133	137	141	145	149	153	157	162	167	173	179	184	189	194
30	126	128	130	133	136	140	144	148	152	156	161	166	172	178	184	190	196	201
35	128	130	132	135	138	142	146	150	155	160	165	170	176	182	189	195	201	207
40	131	133	135	138	141	145	149	153	158	163	168	174	180	186	193	200	206	212
45	133	135	137	140	143	147	151	155	160	165	170	176	182	188	195	202	209	215
50	134	136	138	141	144	148	152	156	161	166	171	177	183	190	197	204	211	217
55	135	137	139	142	145	149	153	158	163	168	173	178	184	191	198	205	212	219

TABLE OF AVERAGE HEIGHTS AND WEIGHTS (IN LBS.) WOMEN

Age.	4 ft. 8 in.	4 ft. 9 in.	4 ft. 10 in.	4 ft. 11 in.	5 ft. 0 in.	5 ft. 1 in.	5 ft. 2 in.	5 ft. 3 in.	5 ft. 4 in.	5 ft. 5 in.	5 ft. 6 in.	5 ft. 7 in.	5 ft. 8 in.	5 ft. 9 in.	5 ft. 10 in.	5 ft. 11 in.	6 ft. 0 in.
20	106	108	110	112	114	116	119	122	125	128	132	136	140	143	147	151	156
25	109	111	113	115	117	119	121	124	128	131	135	139	143	147	151	154	158
30	112	114	116	118	120	122	124	127	131	134	138	142	146	150	154	157	161
35	115	117	119	121	123	125	127	130	134	138	142	146	150	154	157	160	163
40	119	121	123	125	127	129	132	135	138	142	146	150	154	158	161	164	167
45	122	124	126	128	130	132	135	138	141	145	149	153	157	161	164	168	171
50	125	127	129	131	133	135	138	141	144	148	152	156	161	165	169	173	176
55	125	127	129	131	133	135	138	141	144	148	153	158	163	167	171	174	177

Height and weight taken with shoes on and coat off.

Subtract one inch from height measured with shoes on.

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Sane Slimming

GENERAL DIRECTIONS—Please read carefully

In the modified form herein, this diet can be followed with confidence by active and healthy persons under middle age. Others should only do so on medical advice, although the inclusion in the menus of Energen Bread, with its highly nutritive properties, removes the principal objection to what has been known as the 18-day Hollywood diet. This dietary has been carefully planned to give balanced menus—with a nutritive sufficiency.

To suit the convenience of individuals, the dinner menu may be taken mid-day, and lunch in the evening.

To satisfy the appetite, the servings of the vegetables and fruits included in the menus may be reasonably liberal.

One slice of lemon may be put into the tea in place of milk, with advantage.

Kia-Ora Slimming Squashes are particularly suitable as a beverage.

Potatoes and ordinary bread are not allowed. The ration of Energen Bread is essential for safe slimming. For variety the menus include Energen Rolls, Energen Batonettes and Energen Rusks. If it is desired to substitute one for the other, a Batonette may be taken as the equivalent of three Rolls or six Rusks.

Shredded cabbage (raw) with lemon juice may be substituted for any of the salads mentioned.

Celery, or cauliflower, preferably stewed in a small quantity of water, may be used in substitution of salad on some of the days, if preferred.

Eggs prepared raw, boiled or poached (not fried or scrambled).

Milk—always use skimmed milk.

No sugar whatever is permitted. (Saccharin may be used for sweetening if desired.)

No fats to be used in cooking and no fried foods permitted.

All preserved, seasoned and spiced dishes are to be avoided. Omit all gravies, sauces and condiments.

Butter (fresh) may be used on Energen Bread without disadvantage, but the amount should be limited to one ounce daily.

18-Day Diet

BREAKFAST—EVERY DAY.

Choice of: Half grapefruit, juice of two small oranges, two small oranges, sliced, half small melon, a pear, an apple, or a tomato; Energen Bread (three Rolls, one Batonette, or six Rusks), with butter. A glass of skimmed milk, or a cup of tea or coffee. In addition, during cold weather (if desired) Bismeal (starch-reduced) Breakfast Food, two tablespoonfuls with milk.

DAY	LUNCH.
1st	Half grapefruit, one egg, Energen Bread (three Rolls), sliced cucumber with lemon juice instead of vinegar. Tea.
2nd	One orange, small portion cream cheese, Energen Bread (six Rusks), watercress, black or white coffee.
3rd	Juice of one orange and one lemon, one egg, Energen Bread (one Batonette), lettuce and portion of sliced cucumber. Coffee.
4th	Half grapefruit, small portion white fish—boiled (no sauce), Energen Bread (four Rusks). Tea.
5th	One orange, one small mutton chop, Energen Bread (three Rolls), lettuce or tomatoes. Tea.
6th	One grapefruit, one poached egg, Energen Bread (four Rusks). Tea.
7th	Half grapefruit, two eggs, Energen Bread (one Batonette), sliced cucumber and tomato. Coffee.
8th	Grilled sole—small portion, Energen Bread (one Batonette), two tomatoes. Tea.
9th	Half grapefruit, one egg, Energen Bread (three Rolls), one tomato. Tea.
10th	Energen Macaroni Cheese (Recipe 147), three small Energen Digestive Biscuits, two tomatoes. Coffee.
11th	Half grapefruit, Energen Bread (six Rusks) with butter, watercress and one egg.
12th	Juice of one orange and one lemon, lean ham (2 ozs.) or half lobster, Energen Bread (one Batonette), small bunch of grapes. Coffee.
13th	Half grapefruit, one egg, Energen Bread (four Rusks), lettuce and radishes or cress. Tea.
14th	Half grapefruit, white fish steamed (no sauce), Energen Bread (one Batonette), a few radishes. Coffee.
15th	Juice of one orange and one lemon, one egg, Energen Bread (one Batonette), one tomato.
16th	Half grapefruit, lean ham, cold lean beef or half lobster, Energen Bread (one Batonette), one tomato. Coffee.
17th	One orange, one small lamb chop, Energen Bread (three Rolls), lettuce. Tea.
18th	Juice of one orange and one lemon, one egg, Energen Bread (one Batonette), two tomatoes. Coffee.

Date commenced................

THE WEIGHT SHOULD BE RECORDED DAILY—IN SPACE PROVIDED.	st.	lbs.
Weight before commencing diet	.....	.....
DINNER.		
Half grapefruit, small portion white fish (steamed), Energen Bread (three Rolls), one tomato and lettuce. Coffee.		
Half grapefruit, small grilled steak with tomato, asparagus, or Brussels sprouts, Energen Bread (two Rolls). Coffee.		
One orange, one small mutton chop (grilled), Energen Bread (three Rolls), a few radishes and lettuce. Coffee.		
Juice of one orange and one lemon, small grilled steak, Energen Bread (two Rolls), Brussels sprouts. Coffee.		
Half grapefruit, two eggs, Energen Bread (three Rolls), lettuce and one tomato, or a few olives.		
One large mutton chop, Energen Bread (three Rolls), asparagus or cauliflower. Coffee.		
Baked apple, one small chop, Energen Bread (two Rolls), two sticks of celery. Coffee.		
Two slices pineapple, two eggs (poached) on spinach, Energen Bread (four Rusks), one pear. Coffee.		
Juice of one orange and one lemon, any kind of lean cold meat, Energen Bread (three Rolls), lettuce with cucumber. Coffee.		
Half grapefruit, two small cutlets, Energen Bread (two Rolls), two tomatoes. Coffee.		
Grilled steak, Energen Bread (three Rolls), stewed celery. Coffee.		
One orange, one grilled mutton chop, Energen Bread (two Rolls) lettuce and cucumber, or tomatoes.		
Energen Macaroni Cheese (Recipe 147), Energen Bread (three Rolls), rhubarb, baked apple or raw fruit salad. Coffee.		
Grilled steak and tomato, Energen Bread (two Rolls), cauliflower (without sauce). Coffee.		
Half grapefruit, two cutlets (grilled), with tomato, Energen Bread (four Rusks), watercress.		
Grilled steak and tomato, Energen Bread (three Rolls), two sticks of celery. Coffee.		
Half grapefruit, two eggs (poached) on spinach, Energen Bread (four Rolls).		
One apple, any kind of white fish (grilled), Energen Bread (three Rolls), asparagus, or watercress and tomato.		

On completion of the 18-day diet, to maintain weight control it is necessary to follow a suitable dietary.

RATIONAL REDUCING DIET

This diet may be substituted for the eighteen-day diet when circumstances make it difficult to carry out the latter, and it should be followed for the purpose of maintaining the weight at a desired level when the eighteen-day diet period is concluded.

Breakfast : Half grapefruit or one orange. One egg or two tablespoonfuls of Energen Bismeal with milk. Coffee or tea with two tablespoonfuls of milk, no sugar. Energen Bread (four Rolls) with one small pat of butter and one dessertspoonful of Energen Marmalade.

11 A.M. : Glass of orange juice or tomato juice.

Lunch (*if desired the menu for Dinner may be taken at midday and that for Lunch in the evening*) : Salad of tomato, lettuce, watercress (dressing of one teaspoonful of olive oil and lemon juice) and either one egg or portion of cottage or Cheddar cheese or small portion of Energen Macaroni Cheese (Recipe 147) or slice of cold lean ham. Energen Bread (two Rolls) with small pat of butter. Orange, apple, pear, slice of pineapple, small bunch of grapes, etc. Glass of natural lemonade (unsweetened) or soda water.

Tea : Cup of tea with milk (no sugar) and two small Energen Digestive Biscuits.

Dinner : Clear soup or half grapefruit. About three ounces of lean roast beef or lamb or grilled white fish or small lean cutlet or steak or portion of chicken. Liberal helping of cabbage, cauliflower, spring greens, spinach, asparagus, etc. Energen Bread (two Rolls) with one small pat of butter. Baked or stewed apple or stewed fruit in season or jelly or raw fruit salad. Coffee, without sugar.

On retiring : Glass of hot water with juice of half lemon. Two Energen Bran Biscuits.

ENERGEN BREAD

STARCH-REDUCED AND AERATED

Every box of Energen bears a statement of contents in grams of protein, carbohydrate and fat ; and total calorie value.

Analysed by the *Lancet*—certified by the *Institute of Hygiene.*

Two thin (¼ in.) slices of ordinary Bakers' Bread—weight about two ounces. =
In calorie value—One Baton.
In protein value—One quarter of a Baton.
In carbohydrate value—Two and a quarter Batons.

One Baton = approx. :
Two Batonettes.
Seven Rolls.
Three-quarters of a Loavette (slightly under).
Fourteen Rusks.

One Batonette = approx. :
Three Rolls.
Six Rusks.
One-third of a Loavette.
Half a Baton.

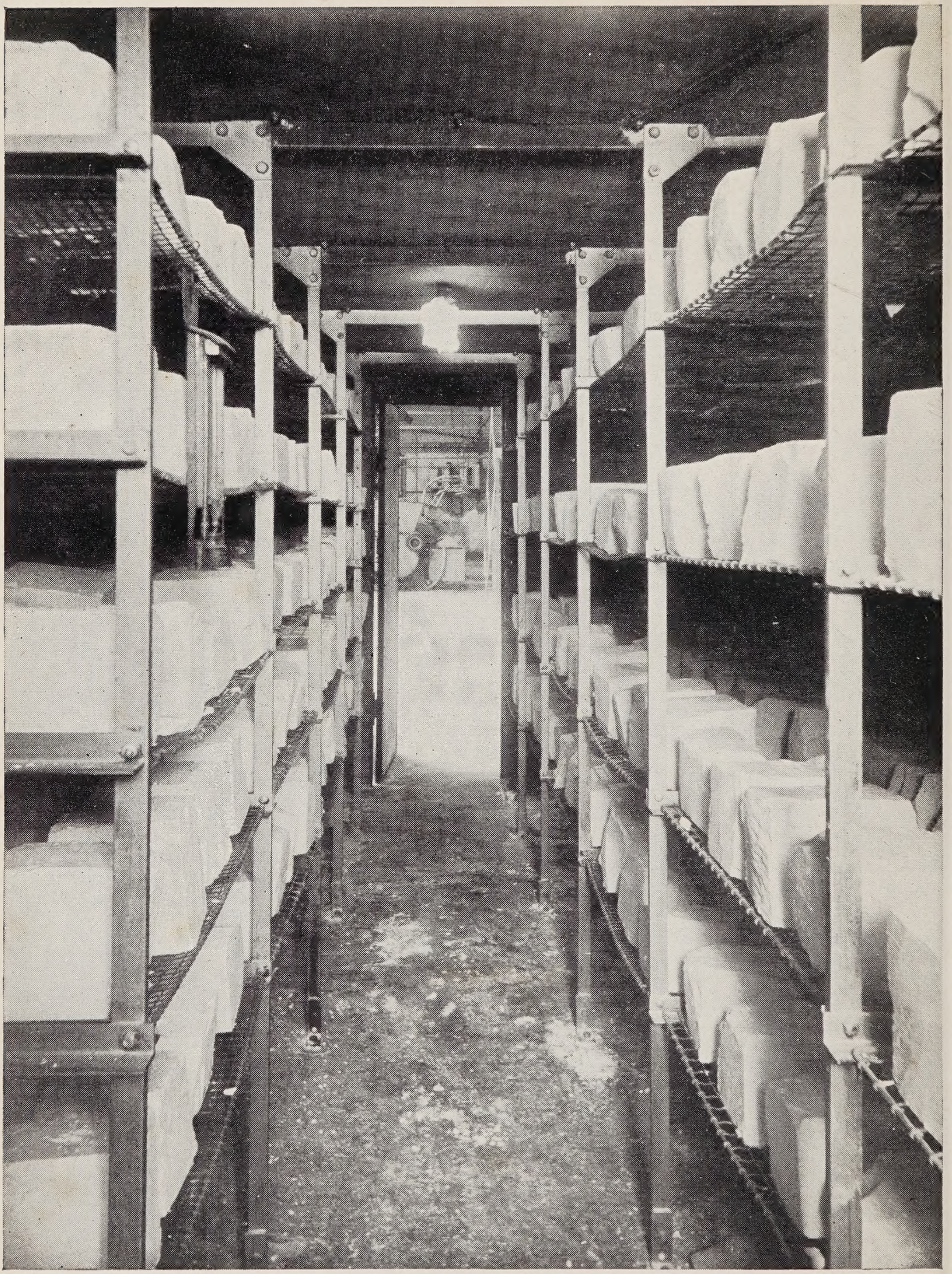
Energen Bread must be cut and not broken. Butter in the usual way.

One of the Packing Bands.

Over 1,000,000 cartons of Energen are sold in Great Britain alone every year.

Energen Bread
STARCH-REDUCED AERATED
AND MADE WITH
FRESH NATURAL GLUTEN
(BATONS)
Energen Biscuits
BRAN
GELOZONE
Energen Bread
STARCH-REDUCED AERATED
AND MADE WITH
FRESH NATURAL GLUTEN
(ROLLS)
Energen
Nutrient
Flour
Energen
Starch-Reduced
Flour
RICH IN GLUTEN
FOR ALL HOUSEHOLD PURPOSES
Strength of Wheat
Strength of Wheat
BRITISH THROUGHOUT
Energen
DIGESTIVE
BISCUITS
UNLIKE OTHER
DIGESTIVE BISCUITS
Energen
MACARONI
Energen
GLUTEN
MACARONI
Energen
COCOA
Energen
TAPIOCA
Energen
GLUTEN
TAPIOCA

Energen Rusks
STARCH-REDUCED AERATED
FRESH NATURAL GLUTEN
Energen Bread
STARCH-REDUCED AERATED
FRESH NATURAL GLUTEN
(BATONETTES)
Energen Bread
FRESH NATURAL GLUTEN
WHOLEMEAL BATONS
BISMEAL
Energen
BISMEAL
BREAKFAST FOOD
Energen Brown Flour
Energen Brown Flour
RICH IN GLUTEN
Energen
Energen
High Protein Chocolate Sugarless
Energen SEMOLINA
Energen
SEMOLINA
Energen
CUSTARD
POWDER
Energen
PROTEIN FOOD
STRENGTH WEAK
HEALTH STRONG
EAT ENERGEN BREAD



Interior of an Energen Starch Dryer.

Over 150 tons of starch are extracted from Energen Bread annually.

Energen Nutritional Recipes

Foreword

The health of the family depends very largely upon the food eaten. People are at last beginning to realise the evils resulting from incorrect feeding, and it is in response to growing interest in diet that the Energen Scientific Recipe Book was compiled.

Diet is a matter of " balance," calling for a correctly proportioned intake of the three chief food elements, viz. : Protein (body building and tissue repairing) ; Fat (supplying warmth) ; Carbohydrate (supplying energy), with the necessary vitamins, mineral salts, " roughage " and water. It is of the greatest importance that the correct proportions of each of the above constituents should be regularly included in the everyday diet of the ordinary person, in order that the maximum of health may be enjoyed and nutritional requirements met.

The main error in the modern dietary is the inclusion of too much starch (carbohydrate), giving rise to indigestion, obesity, rheumatism, high blood pressure, gout and even diabetes. The Energen Foods Co. has overcome this difficulty by the production of Bread, Biscuits, Cereal Health Foods and Fruit Products (sugarless jams) in which the excess starch, usual in the daily diet, is corrected by the increase of Wheat Gluten in order to obtain a proper balance of these two vital constituents.

The proportions of these food elements are definitely stabilised by the Energen process ; the gram and calorie content of carbohydrate, protein and fat are guaranteed. The Energen Foods Company was the first to state the standardised values on every package. The following recipes embodying these principles show the modern scientific use of the Energen Food Products.

Even the best foods may be ruined by incorrect cooking. Food should be cooked to make it more palatable, easily digestible and at the same time to retain its full nutritive value. Vegetables contain the principal mineral salts and are rich in vitamins. They should be cooked in as little water as possible, and without soda, which destroys the mineral salts and the essential vitamins.

By regular use of the Energen Recipes, the housewife or cook can lay the foundations of good health for the family, and thus help to avoid digestive and other troubles resulting from methods of catering based upon delectability and not upon nutritional value. Apart from its domestic use, it is hoped that the book will be found of practical value to those responsible for the meals in canteens, hotels, nursing homes and other institutions.

Certain of the recipes contain saccharine in place of sugar and will be found invaluable for those who find it necessary to arrange diets for weight reduction (slimming) and diabetes.

It will be noted that the food value of each individual portion is given in grams of protein, carbohydrate and fat, providing a simple means of adhering to a regulated diet and at the same time providing a variety of delicious and appetising dishes. Recipes of special interest are noted on page 43.

Care has been taken to select only those which are inexpensive, simple to make and do not need lengthy preparation. Some have been suggested by Energen users and the Energen Dietary Service gladly welcomes suggestions for new and improved recipes.

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SPECIAL NOTE : The recipes given below are particularly suitable in the dietaries indicated :—

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ESTIMATED CALORIE REQUIREMENTS PER DAY

Men	Calories per day.	Carbo-hydrate. gms.	Protein. gms.	Fat. gms.
At rest	1,800–2,000	248–276	62–69	62–69
Sedentary (office workers) . .	2,200–2,800	304–384	76–96	76–96
Working (mechanics, labourers, athletes, etc.)	3,000–4,000	412–552	103–138	103–138
Women				
At rest	1,600–1,800	220–248	55–62	55–62
Sedentary (office workers) . .	2,000–2,200	276–304	69–76	69–76
Occupations involving standing, walking, or light manual labour (housekeeping, etc.) . .	2,200–2,500	304–344	76–86	76–86
Occupations requiring strength (machinists, shop assistants, washer - women, waitresses, etc.)	2,500–3,000	344–412	86–103	86–103
Children				
Age 2–6 years	1,000–1,600	140–220	35–55	35–55
Age 6–12 years	1,600–2,500	220–344	55–86	55–86
Youth, 12–18 years	2,500–3,000	344–412	86–103	86–103

AN AVERAGE DAILY DIETARY SHOULD CONTAIN

Say—

Carbohydrate, 350–400 grams; Protein, 72–100 grams; Fat, 64–100 grams; Calories, 2,400.

IMPORTANT

It cannot be too strongly emphasised that the calorie requirements stated above are intended as *guides to diet*, and are subject always to the individual's special requirements, and can be modified according to vocation, pursuits and personal idiosyncrasy.

RECIPES

SOUPS

3. BISMEAL SOUP *(for 2 persons)*

Food Value per person : C. 8¾ ; P. 4½ ; F. 5 ; Cals. 98.

½ oz. sieved Energen Bismeal.
¼ oz. butter.
3½ ozs. milk.
1 oz. onion.
½ pint water.
1 oz. carrot.
Salt and pepper.

Melt the butter, add the grated carrot, minced onion and Bismeal and stir over gentle heat for 5 minutes. Add the water and stir till boiling. Skim and simmer 20 minutes. Season well, add the milk and serve hot.

4. CAULIFLOWER SOUP *(for 6 persons)*

Food Value per person : C. 7½ ; P. 3 ; F. 5¾ ; Cals. 94.

1½ lb. cauliflower.
1 small onion.
1 oz. margarine or butter.
1 oz. Energen Strength of Wheat.
1 pint water.
Salt, pepper, blade of mace.
1 teaspoonful chopped parsley.
½ pint milk.

Sauté the grated onion in the fat. Add the cauliflower broken in small pieces, water, seasoning and Strength of Wheat. Simmer 30 to 40 minutes, rub through a sieve or beat to a pulp. Add milk and chopped parsley and re-heat before serving.

15. POTATO SOUP *(for 5 persons)*

Food Value per person : C. 25 ; P. 4 ; F. ½ ; Cals. 120.

1 lb. potatoes.
2 onions.
1 carrot.
1 quart vegetable stock or water.
2 ozs. Energen Strength of Wheat.
Seasoning.

Add the prepared and thinly sliced vegetables to the boiling stock and cook for one hour. Add Strength of Wheat slowly, stirring all the time, and cook for a further 20 minutes. Season and serve.

16. SCOTCH BROTH *(for 2 persons)*

Food Value per person : C. 6 ; P. 6¼ ; F. 7 ; Cals. 112.

2 ozs. scrag end of mutton.
1 oz. onion.
1 oz. carrot.
1 oz. turnip.
A little celery.
¼ oz. Energen Semolina.
Salt and pepper.
¾ pint water.

Wash mutton, add whole to the water and bring slowly to the boil. Add prepared and diced vegetables and semolina, and simmer two hours. Skim, remove meat, season and serve hot.

17. STRENGTH OF WHEAT BROTH (*for 6 persons*)

Food Value per person: C. 15½; P. 2½; F. ¼; Cals. 74.

1 quart water or vegetable stock.
2 medium size carrots.
1 large onion or leek.
¼ swede.
2 potatoes.
¼ cabbage or a few Brussels sprouts.
1 bay leaf.
2 ozs. Energen Strength of Wheat.

Bring stock to the boil and add prepared and diced vegetables, simmer for ¾ hour and skim. Add Strength of Wheat slowly, stirring all the time, and cook for a further 20 minutes. Remove bay leaf, season and serve.

19. STRENGTH OF WHEAT HIGH PROTEIN SOUP (*for 6 persons*)

Food Value per person: C. 11½; P. 5; F. 4½; Cals. 106.

3 ozs. Energen Strength of Wheat.
½ pint milk.
Yolks of 3 eggs.
Pepper, salt, ground mace.
1 tablespoon chopped parsley.
2 quarts white vegetable stock.

Sprinkle Strength of Wheat into hot stock and simmer ½ hour, stirring occasionally. Beat up egg yolks, add to hot milk and stir carefully into the slightly cooled soup. Re-heat, but do not boil. Add seasoning and chopped parsley and serve with sippets of toast or puff pastry.

FISH

27. FISH PIE (*for 2 persons*)

Food Value per person: C. 9½; P. 17; F. 10¼; Cals. 198.

2½ ozs. cooked white fish.
¾ oz. grated cheese.
4 ozs. tomatoes.
½ oz. butter.
1 oz. Energen Bismeal.
Pepper and salt to taste.

Skin tomatoes, halve and place in a dish. Flake the fish, mix with half the Bismeal and put on top of the tomatoes. Add the remainder of the Bismeal to the cheese and cover fish. Place butter in small pieces on top and bake for 20 minutes.

29. FISH SAUSAGES (*for 6 persons*)

Food Value per person: C. 12½; P. 18; F. 2; Cals. 140.

1 teacupful cooked white fish.
1 teacupful of shrimps (picked and chopped).
1 teacupful Energen Semolina.
1 dessertspoonful fresh chopped parsley.
2 eggs.
1 teaspoonful salt.
Pepper to taste.

Add semolina (previously boiled in water), parsley, shrimps and seasoning. to the flaked fish. Add one of the eggs, well beaten, and mix thoroughly together. Shape into sausages. Use the other egg for coating roll in Bismeal and fry in boiling fat.

37. TAPIOCA AND FISH CROQUETTES (*for 5 persons*)

Food Value per person: C. 11½; P. 10; F. 2½; Cals. 108.

3 tablespoonfuls Energen Tapioca.
1½ cups cooked flaked fish (salmon is best).
1 cup milk.
2 teaspoonfuls lemon juice.
1 tablespoonful minced pimento.
½ teaspoonful salt.

Cook tapioca, salt, paprika to taste, and milk in a double saucepan, stirring frequently, until tapioca is clear. Add fish, pimento and lemon juice and turn on to a plate to cool. Flour hands well and shape mixture into croquettes. Dip in breadcrumbs, beaten egg, then breadcrumbs again and fry in deep fat till golden.

MEAT DISHES

38. BEEF STEAK AND KIDNEY PUDDING (*for 4 persons*)

Food Value per person: C. 31½; P. 31; F. 35; Cals. 565.

¾ lb. stewing steak.
1 sheep's kidney.
1 oz. Energen Flour.
Salt and pepper to taste.
2 tablespoonfuls of water.

SUET CRUST:

6 ozs. Energen Flour.
3 ozs. suet.
½ teaspoonful baking powder.
Salt.
Cold water to mix.

Grease a pint size pudding basin and line with two-thirds of the suet pastry. Skin the kidney and cut in small pieces with the meat and toss in the flour and seasoning mixed on a plate. Put half the meat in the basin, add the water, then the remainder of the meat. Roll out the rest of the pastry and place on top. Tie a floured pudding cloth over the top and cook for three hours in a pan of boiling water.

41. EXETER STEW (*for 4 persons*)

Food Value per person: C. 29; P. 30; F. 39; Cals. 587.

1 lb. stewing beef.
2 sliced onions.
2 carrots.
1 turnip.
1 oz. dripping.
1 tablespoonful Energen Flour.
1 tablespoonful vinegar.
1½ pints water.

DUMPLINGS:

¼-lb. Energen Flour.
2 ozs. chopped suet.
¼ teaspoonful baking powder.
¼ teaspoonful mixed herbs.

Fry the onions in the dripping. Sprinkle in the flour and let it brown. Add the vinegar, the meat cut into small pieces, the vegetables and the water. Bring to the boil and simmer till tender, about 3 hours. Make the dumplings and add to the stew when it has been simmering about 1½ hours.

44. LIVER OLIVES IN CASSEROLE *(for 2 persons)*

Food Value per person: C. 18½; P. 32; F. 5½; Cals. 252.

8 ozs. liver.
1 teacupful stock.
½ teaspoonful Marmite.

STUFFING:

1 onion (grated).
1½ ozs. Energen Bismeal.
2 teaspoonfuls chopped parsley.
½ teaspoonful grated lemon rind.
Pepper and salt.
A little milk to blend.

Cut the liver in thin slices and spread with the stuffing. Roll up and tie with thread. Put in a casserole dish, cover with the stock and Marmite and bake in a moderate oven till the liver is tender.

45. MUTTON AND MACARONI PIE *(for 3 persons)*

Food Value per person: C. 28; P. 26; F. 27; Cals. 459.

¼ lb. cooked Energen Macaroni.
½ lb. cooked mutton.
½ pint gravy.
2 tablespoonfuls breadcrumbs.
1 teaspoonful minced capers.
1 oz. butter.

Arrange alternate layers of mutton, macaroni, sauce, and a dash of capers in a buttered pie dish. Sprinkle with breadcrumbs, dab with butter and bake in a moderate oven for ½ hour.

46. RISSOLES *(for 2 persons)*

Food Value per person: C. 8½; P. 9½; F. 9; Cals. 153.

1 oz. Energen Flour.
¼ oz. lard.
2 ozs. minced meat.
A little finely chopped onion.
Pinch of mixed herbs.
Salt and pepper.

Mix the lard, flour and a little water into a dough. Roll out and cut into two. Place half the meat, herbs, etc., on one half of each. Fry in deep boiling fat until brown, drain and serve hot.

47. SAVOURY LIVER LOAF *(for 6 persons)*

Food Value per person: C. 6½; P. 28½; F. 15½; Cals. 279.

1 lb. parboiled liver (minced).
½ lb. cooked ham (minced).
1 cupful Energen Bismeal.
1 egg.
1 tablespoonful fine-minced onion.
1 teaspoonful minced parsley.
Stock or water to bind.

THICKENED GRAVY:

½ pint water or stock.
½ oz. Energen Flour.
½ oz. melted dripping.
Seasoning.
1 teaspoonful Marmite.

Mix together the minced liver and ham, parsley, onion, Bismeal and beaten egg. Bind well together with a little water or stock. Turn into a greased mould and set in a pan of hot water. Bake in a moderate oven 45 minutes. Serve with thickened gravy.

50. STUFFED SHEEP'S HEART *(for 2 persons)*

Food Value per person : C. 10¼ ; P. 19¼ ; F. 10¾ ; Cals. 216.

1 sheep's heart (cleaned, 6 ozs.).
1 oz. Energen Bismeal.
2 ozs. tomato.
½ oz. onion (chopped finely).
½ oz. beef dripping.
½ teaspoonful mixed herbs.
Salt and pepper.

Rub the dripping well into the Bismeal. Add the tomatoes, skinned and mashed, onion and seasoning. Fill the cavities of the heart with this stuffing. Wrap in well-greased paper and bake in a slow oven for 1½ hours.

52. VEAL AND HAM PIE *(for 6 persons)*

Food Value per person : C. 21 ; P. 30 ; F. 29½ ; Cals. 470.

1 lb. veal (no bone).
¼ lb. ham or bacon.
1 teaspoonful parsley.
Seasoning.
Pinch mixed herbs.
Grated lemon rind.
1 hard-boiled egg.
1 gill stock.

ROUGH PUFF PASTRY.
8 ozs. Energen Flour.
5 ozs. margarine.
½ teaspoonful salt.
Cold water.

Place half the meat, wiped and cut in small pieces, in a pint pie-dish. Add sliced egg, a little stock and seasoning, then the remainder of the meat and stock. Cover with the pastry, about ½ in. thick. Pierce a hole in the centre of the pie, trim edges and decorate. Brush with beaten egg and bake 1½ to 2 hours.

VEGETABLE DISHES

54. CREAM OF BRUSSELS SPROUTS *(for 4 persons)*

Food Value per person : C. 14¼ ; P. 4¾ ; F. 8¾ ; Cals. 155.

1 oz. Energen Strength of Wheat.
2 lb. Brussels sprouts.
1 oz. butter.
Salt and pinch of sugar.
Grating of nutmeg.
A little cream.

Boil sprouts until tender, reserving the stock. Rub through a sieve and sauté in butter. Add one pint of the stock and Strength of Wheat and simmer ½ hour. Season, add cream and serve.

57. NUT ROAST (*for 4 persons*)

Food Value per person: C. 16½; P. 13¼; F. 29½; Cals. 384.

4 ozs. mixed (ground and grated) nuts.
1 oz. grated onion.
½ pint milk.
Pepper and ground mace to taste.
2 ozs. Energen Strength of Wheat.
2 eggs.
¼ pint cream or 1 oz. melted butter.
1 teaspoonful salt.

Heat milk, sprinkle in Strength of Wheat and simmer 5 to 10 minutes. Cool slightly, add nuts, whisked eggs and other ingredients. Butter a loaf tin, dust with grated nuts and press in the mixture closely. Cover with paper and bake in oven 280° to 300° F. for 20 minutes. Turn out and coat with tomato sauce. Serve hot or cold, garnished with chopped parsley.

58. NUT AND PULSE GALANTINE (*for 6 persons*)

Food Value per person: C. 21; P. 11; F. 14; Cals. 254.

4 ozs. ground nuts.
4 ozs. haricot or butter beans (previously soaked and steamed).
2 ozs. Energen Strength of Wheat.
1 oz. grated onion.
1 teaspoonful Marmite (or vegetable extract).
2 eggs.
1 teaspoonful salt, pepper, mixed herbs and chopped parsley to taste.

Heat and mash beans thoroughly and rub through a sieve. Mix with nuts, onion and Strength of Wheat. Season carefully and bind with beaten egg. Shape into a roll and tie in greased parchment or press into a greased stone jam jar. Steam 1½ hours or bake in steady oven (280° F.) ¾ to 1 hour. Turn out when cold and coat with ground nuts or browned breadcrumbs, seasoned, or glaze with vegetable glaze. Garnish with parsley and serve with a good salad.

59. VEGETABLE HOT POT (*for 8 persons*)

Food Value per person: C. 28½; P. 4; F. 2; Cals. 148.

1 lb. potatoes.
½ lb. onions.
½ lb. swede.
½ lb. carrots.
Pepper, salt to taste.
½ lb. artichokes or parsnips.
¼ lb. mushrooms.
2 ozs. Energen Strength of Wheat.
2 teaspoonfuls mixed herbs.
½ oz. nutter.

Clean and slice vegetables and arrange in layers in a casserole, sprinkling herbs, seasoning and Strength of Wheat between the layers. Add enough vegetable stock or water to cover and place small pieces of nutter on top. Put on lid and bake slowly 1½ to 2 hours in oven (280° F.). If liked, place halved tomatoes on top and bake without lid for last 10 minutes, or cover with mashed potato and cheese and brown the top.

60. VEGETABLE PUDDING (*for 6 persons*)

Food Value per person: C. 19½; P. 9; F. 6; Cals. 168.

1 shredded onion.
1 small marrow or cucumber.
2 ozs. Energen Strength of Wheat, soaked in a little milk.
1 tablespoonful grated cheese.
2 cupfuls cooked green peas.
1 egg and 1 extra yolk.
1 tablespoonful salad oil.

Parboil marrow and onion and mix with peas, Strength of Wheat, half the cheese and 1 beaten egg. Press firmly into a fireproof dish. Beat egg yolk with salad oil and pour over. Sprinkle with grated cheese and bake in a hot oven 15 minutes. Serve with watercress or tomatoes.

SAUCES

61. BREAD SAUCE *(for 2 persons)*

Food Value per person: C. 17; P. 12½; F. 6½; Cals. 177.

2 ozs. Energen Bismeal.
¼ oz. butter.
5 ozs. milk.
Salt, pepper, 2 cloves.
1 onion.

Stick cloves into the onion and steam with the milk in a double saucepan for 20 minutes. Remove onion, add Bismeal and cook for another 20 minutes. Beat until smooth, add butter and seasoning and serve very hot.

66. WHITE SAUCE MADE NOURISHING *(for 3 persons)*

Food Value per person: C. 16; P. 8; F. 16; Cals. 240.

1½ ozs. butter.
½ pint milk.
2 ozs. Energen Flour.
½ pint water, fish or meat stock.

Melt butter in a saucepan, stir in flour and cook 7 minutes. Add liquor, stir until it boils and simmer 10 minutes. Season to taste.

67. CHOCOLATE SAUCE *(for 5 persons)*

Food Value per person: C. 17; P. 7; F. 5; Cals. 141.

2 ozs. Energen Cocoa.
¾ oz. Energen Flour.
1½ ozs. sugar.
1 teaspoonful vanilla essence.
¾ pint milk.

Mix the cocoa, flour and the sugar with a little cold milk. Boil the remainder of the milk and pour on to the mixture. Put back into saucepan, bring to the boil and simmer 5 minutes, stirring well. Add vanilla essence and serve.

68. CUSTARD SAUCE *(for 6 persons)*

Food Value per person: C. 17½; P. 3; F. 3; Cals. 109.

1 pint milk.
4 level dessertspoonfuls sugar (2 ozs.).
2 dessertspoonfuls Energen Custard Powder (1 oz.).

Mix the custard powder with 3 dessertspoonfuls of the milk. Heat the rest of the milk with the sugar and when boiling add to the paste, stirring well.

STUFFINGS

73. VEAL FORCEMEAT (*for 2 persons*)

Food Value per person : C. 6¾ ; P. 8½ ; F. 8½ ; Cals. 137.

1 oz. Energen Bismeal.
½ oz. suet.
1 teaspoonful chopped parsley.
1 egg.
½ teaspoonful mixed herbs.
Little grated lemon peel.
Salt and pepper.

Chop suet finely and mix with dry ingredients. Beat the egg and add to the mixture.

SWEETS

75. APPLE CHARLOTTE (*for 2 persons*)

Food Value per person : C. 14½ ; P. 5½ ; F. 13 ; Cals. 197.

1 oz. Energen Bismeal.
3½ ozs. cooking apples.
1 gill water.
1 oz. butter.
3 saccharine tablets.

Dissolve saccharine in the water and pour on to the apples, peeled and thinly sliced, and placed in a dish. Sprinkle with Bismeal, add 1 oz. butter, and bake in a moderate oven for ½ hour.

76. APPLE TAPIOCA PUDDING (*for 2 persons*)

Food Value per person : C. 12¾ ; P. ¾ ; F. ¼ ; Cals. 55.

½ oz. Energen Tapioca.
3½ ozs. cooking apples.
½ pint water.
Saccharine tablets.

Peel and thinly slice apples and place in a dish. Boil the tapioca in the water for 2 to 3 minutes. Add the saccharine and pour over the apples. Bake in a moderate oven for ½ hour.

78. BAKED SEMOLINA SPONGE (*for 3 persons*)

Food Value per person : C. 37 ; P. 11 ; F. 8 ; Cals. 264.

2 cupfuls boiling milk.
Barely ½ cupful Energen Semolina.
¼ cupful castor sugar.
½ teaspoonful salt.
1 egg.
½ teaspoonful vanilla essence.

Mix dry ingredients, stir into hot milk and cook in a double saucepan for 20 minutes. Stir till mixture is thick. Add the egg slightly beaten, and pour into buttered baking tin. Brush over with slightly beaten egg and milk and brown in a moderate oven. Cut in squares and serve with tinned fruit or jelly.

81. CARAMEL PUDDING (*for 4 persons*)

Food Value per person : C. 28 ; P. 8 ; F. 6¼ ; Cals. 200.

1 pint milk.
2 ozs. Energen Strength of Wheat.
2 teaspoonfuls sugar.
Pinch of salt.
1 egg.
Flavouring.
Caramel : 2 ozs. granulated sugar, 1 tablespoonful water.

Boil sugar and water together until amber colour and coat a dry clean mould with the caramel. Boil the milk, stir in Strength of Wheat slowly, cook 4 minutes. Cool slightly, add beaten egg, sugar and flavouring. Pour into the mould and steam gently for ½ hour. Serve hot or cold.

82. CHRISTMAS PUDDING (*for 8 persons*)

Food Value per person : C. 34¼ ; P. 9¼ ; F. 13½ ; Cals. 295.

6 ozs. Energen Flour.
2 ozs. Energen Bismeal.
4 ozs. suet.
4 ozs. currants.
1 oz. mixed peel.
1 teaspoonful baking powder.
½ teaspoonful spice.
1 egg.
2 ozs. milk.
6 tablets saccharine.

Mix all the dry ingredients together. Beat the egg, dissolve the saccharine in the milk and add. Put into a greased basin, cover with greased paper and steam for 4 hours.

83. CHOCOLATE PUDDING (*for 4 persons*)

Food Value per person : C. 29 ; P. 21½ ; F. 22 ; Cals. 400.

2 ozs. Energen Cocoa.
2 ozs. butter.
4 ozs. Energen Bismeal.
1 pint milk.
1 egg.
½ oz. sugar.

Boil the Bismeal in the milk until it becomes a thick paste and cook a little. Add the other ingredients and pour into a buttered pie-dish. Bake ¾ hour.

86. DATE PUDDING (*for 2 persons*)

Food Value per person : C. 61½ ; P. 9¾ ; F. 28½ ; Cals. 532.

2 ozs. Energen Flour.
2 ozs. butter.
2 ozs. dates.
2 ozs. sugar.
¼ teaspoonful baking powder.
1 egg.

Cream butter and sugar, break in the egg and beat well. Add the dates cut in small pieces. Sieve flour and baking powder and mix in quickly. Turn into small well-greased pudding tin and bake in moderate oven for 20 minutes. Turn out and serve with a sweet sauce.

90. **MARMALADE PUDDING** (*for 2 persons*)

Food Value per person: C. 6¾; P. 6; F. 4¼; Cals. 89.

3½ ozs. milk.
1 egg.
½ oz. Energen Flour.
1 oz. Energen Marmalade.

Blend the flour with a tablespoonful of the milk. Add the rest of the milk, well-beaten egg and marmalade and mix thoroughly. Bake in a moderate oven for 20 minutes.

100. **STRENGTH OF WHEAT PUDDING** (*for 1 person*)

Food Value: C. 5½; P. 5; F. 5¼; Cals. 89.

¼ oz. Energen Strength of Wheat.
½ oz. cream.
½ egg.
3½ ozs. water.
Vanilla.
Saccharine to sweeten.

Cook the Strength of Wheat in the water till soft. Cool slightly, then add cream, saccharine, flavouring and well-beaten egg. Bake in a moderate oven till firm to the touch.

103. **TAPIOCA PUDDING** (*for 2 persons*)

Food Value per person: C. 15¼; P. 5⅛; F. 4¾; Cals. 131.

1 oz. Energen Tapioca.
½ pint milk.
Saccharine to sweeten.

Soak tapioca for ½ hour.

Place ingredients in a greased pie-dish and grate nutmeg over.

Bake in a slow oven until cooked.

106. **CHOCOLATE BLANCMANGE** (*for 4 persons*)

Food Value per person:

With sugar:	C. 21¼; P. 8¼; F. 5½; Cals. 168.
With saccharine:	C. 16¼; P. 8¼; F. 5½; Cals. 148.

2 ozs. Energen Flour.
½ oz. Energen Cocoa.
15 drops Vanilla essence.
1 pint milk.
1 oz. sugar (or sweeten with saccharine).
½ teaspoonful gelatine.
Pinch of salt.

Mix the flour, cocoa, salt and gelatine with a little cold milk. Boil the remainder of the milk and pour over the mixture, stirring well. Add the sugar and essence, return to saucepan and boil for a few minutes. Pour into a mould rinsed with cold water.

110. COFFEE OR CHOCOLATE MOUSSE (*for 4 persons*)

Food Value per person: C. 22¼; P. 8¼; F. 7¾; Cals. 192.

2 ozs. Energen Strength of Wheat.
½ pint water.
3 eggs.
6 lumps or 1½ ozs. sugar.
1 teaspoonful strong coffee or coffee essence or 2 teaspoonfuls grated Energen Chocolate.
Custard sauce to coat (see Recipe No. 68).

Sprinkle Strength of Wheat in water and cook until transparent. Add sugar and coffee or chocolate. Cool slightly, add beaten yolks and re-heat, but do not boil. Whisk whites of eggs and fold in lightly. Rinse a mould with cold water, pour mixture in and leave to set. Turn out and coat with custard sauce or pour it round.

113. FRUIT TAPIOCA (*for 5 persons*)

Food Value per person: C. 31; P. 1¾; F. —; Cals. 131.

½ cupful Energen Tapioca.
1 cupful stewed or tinned apricots.
Pinch salt.
2 cupfuls fruit juice, peaches or apricots.
1 teaspoonful grated orange rind.

Bring the fruit juice to the boil in a double saucepan. Stir in tapioca and salt, and cook till clear, stirring occasionally. Add the fruit and orange rind and cook for 1 minute. Turn into a dish, chill, and serve with or without cream or custard sauce.

114. IVORY MOULD (*for 4 persons*)

Food Value per person: C. 26; P. 10; F. 8½; Cals. 221.

2 ozs. Energen Strength of Wheat.
1 pint milk.
1 tablespoonful minced almonds.
Grated rind ½ lemon.
2 eggs.
2 tablespoonfuls sugar.
½ saltspoonful salt.
½ teaspoonful vanilla essence.

Heat milk in a saucepan and sprinkle in the Strength of Wheat, stirring constantly. As the mixture thickens, stir in lemon rind, almonds, salt, sugar and essence. When thick, remove from fire, add beaten yolks and fold in stiffly whisked whites of eggs. Pour into rinsed jelly mould. When set, turn into a glass dish and serve ice cold with stewed or tinned fruit.

117. STRENGTH OF WHEAT SURPRISE—DANISH RODGROD (*for 4 persons*)

Food Value per person: C. 70; P. 10; F. 15½; Cals. 459.

Small cupful Energen Strength of Wheat.
1 pint water.
4 ozs. sugar.
2 lbs. mixed fruit (e.g., raspberries, red currants, rhubarb).
Squeeze of lemon juice.
1 gill whipped cream.

Simmer Strength of Wheat in water until transparent. Mash fruit and drain off juice. Mix fruit with Strength of Wheat and sugar. Add lemon juice and pour into glass dish when cool. When set, decorate with whipped cream and serve very cold.

120. **SEMOLINA FRUIT SHAPE** (*for 4 persons*)

Food Value per person : C. 40 ; P. 3 ; F. ⅛ ; Cals. 173.

2 ozs. Energen Semolina.
1 oz. granulated sugar.
1 pint pineapple or peach juice.

Sprinkle semolina into the boiling fruit juice, add the sugar and cook for 10 minutes, stirring constantly. Pour into a wet mould and when set turn into a glass dish and surround with pieces of the fruit.

122. **STRENGTH OF WHEAT SHAPE** (*for 4 persons*)

Food value per person : C. 28½ ; P. 10 ; F. 7½ ; Cals. 222.

3 ozs. Energen Strength of Wheat.
1 pint milk.
1 egg.
½ teaspoonful vanilla essence.
1 oz. granulated sugar.

Sprinkle Strength of Wheat into boiling milk and cook for 5 minutes, stirring constantly. Remove pan from fire, add sugar, vanilla and beaten egg (or whisk white and yolk of egg separately and add). Pour into a wet mould and when set turn into a glass dish and serve with tinned or stewed fruit.

123. **SURPRISE PUDDING** (*for 4 persons*)

Food Value per person : C. 46 ; P. 8 ; F. 25 ; Cals. 441.

2 ozs. Energen Strength of Wheat.
1 pint milk.
1 oz. sugar.
½ oz. desiccated cocoanut.
1 gill whipped cream.
2 tablespoonfuls Energen Strawberry Fruit Product (sugarless jam).
2 tablespoonfuls grated Energen Chocolate.
1 banana.

Simmer Strength of Wheat in milk until thick. Add sugar and cool slightly. Pour a layer into a glass dish. Place layers of fruit product, sliced banana, grated chocolate and cocoanut in the dish and cover with Strength of Wheat. Decorate with whipped cream and serve very cold.

126. **WHEATEN DELIGHT** (*for 6 persons*)

Food Value per person : C. 38 ; P. 6¾ ; F. 6 ; Cals. 233 (with sugar).
Food Value per person : C. 31½ ; P. 6¾ ; F. 6 ; Cals. 206 (without sugar).

2 ozs. Energen Strength of Wheat.
1 pint milk.
*2 ozs. sugar.**
4 penny sponge cakes.
Few drops vanilla, ratafia or almond essence.
1 egg.
8 ozs. stewed or fresh fruit.

Split sponge cakes, place round a glass dish. Fill with fruit, replace tops and soak with fruit juice. Simmer Strength of Wheat in milk for 10 minutes. Sweeten, cool slightly and divide in half. Into one half beat the yolk of egg, flavour with ratafia and pour into the middle of glass dish. Into the other half fold the whisked white of egg, flavour with vanilla and pour carefully over sponge cakes to coat them. Decorate with a little fruit and serve cold. Chocolate and raspberry flavour and colouring may be used as a change.

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*For diabetes sweeten with saccharine.

128. ENERGEN ICE CREAM (*for 8 persons*)

Food Value per person: C. 12¼; P. 2¼; F. 14½; Cals. 189.

¾ oz. Energen Custard Powder.
1 pint milk.
*2 ozs. castor sugar.**
¼ lb. butter.

Mix the custard powder to a cream with a little of the milk. Boil remainder of the milk with the sugar and pour on to custard powder. Return to saucepan and cook for 5 minutes. Partially cool. Melt the butter and slowly beat into the mixture. Cool and freeze in the usual way.

*For diabetes sweeten with saccharine.

PASTRIES

131. CONGRESS TARTS (*for 6 Tarts*)

Food Value of each Tart (average): C. 4½; P. 4; F. 12; Cals. 142.

1 oz. Energen Flour.
1 oz. Energen Fruit Product (sugarless jam)
1 oz. butter.
2½ ozs. ground almonds.
Yolk of 1 egg.
2 saccharine tablets.

Make a stiff dough with the butter and flour and a little water. Roll out thinly and line 6 patty tins. Put a little fruit product in each. Beat up egg yolk, add almonds and saccharine dissolved in a little water. Mix well, fill tarts and decorate with strips of pastry. Bake in a quick oven for 25 minutes.

133. MINCE PIES (*for 12 pies*)

Food Value of each pie (average): C. 22; P. 4¾; F. 17; Cals. 260.

1 apple.
1 lemon.
1½ ozs. currants.
1½ ozs. sultanas.
4 ozs. suet.
1 tablespoonful Energen Marmalade.
1 level teaspoonful spice.
Saccharine.
Pastry (see recipe No. 134).

Line 12 patty tins with the pastry. Mix all ingredients and pass through a mincer. Fill each tin with the mincemeat and cover with pastry. Brush over with beaten white of egg and bake in a moderate oven 20 to 30 minutes.

134. NUTRITIOUS SHORT PASTRY (*for 3 persons*)

Food Value per person: C. 48; P. 16; F. 36½; Cals. 584.

8 ozs. Energen Flour.
2 ozs. lard.
2 ozs. butter.
Pinch salt.

Rub the butter and lard into the flour. Add salt, mix with cold water, making slightly more moist than if using household flour. Use as required.

SAVOURIES

135. BISMEAL SAUSAGE (*for 4 persons*)

Food Value per person: C. 14; P. 11½; F. 18; Cals. 264.

4 ozs. Energen Bismeal.
½ chopped onion.
½ oz. dripping or vegetable fat.
2 ozs. suet.
¾ pint vegetable stock.
Yolk of one egg.
Pinch of nutmeg.
Salt and pepper.

Heat the fat in a pan and fry the onion till brown. Add shredded suet and stock, bring to the boil. Sprinkle in the Bismeal and cook for 20 minutes, stirring well. Season to taste and turn on to a plate to cool. Bind with egg yolk and shape into sausages. Coat with crumbs of Energen Bread and fry or bake in a hot oven.

137. CHEESE BISCUITS (*for 2 persons*)

Food Value per person: C. 17; P. 12; F. 21; Cals. 305.

2 ozs. Energen Flour.
1 oz. grated cheese.
1 oz. butter.
1 yolk of egg.
1 tablespoonful water.
Salt, pepper, cayenne to taste.

Sieve flour and rub butter in lightly. Add grated cheese and seasoning. Mix to a stiff dough with yolk of egg and water. Roll out on a floured board and cut in fingers. Bake in a moderate oven until golden brown.

141. CHEESE PUDDING (*for 2 persons*)

Food Value per person: C. 9¼; P. 13¾; F. 16½; Cals. 241.

1 oz. Energen Bismeal.
3½ ozs. milk.
1 oz. cheese.
1 egg.
½ oz. butter.
Salt and pepper to taste.

Mix Bismeal, grated cheese and seasoning. Boil the milk and butter, pour over the mixture and soak for 30 minutes. Add beaten egg, pour into a pie dish and bake in a slow oven 30 minutes.

144. CHEESE AND WHEAT SOUFFLÉS (*for 6 persons*)

Food Value per person: C. 4½; P. 6½; F. 10¼; Cals. 136.

1 oz. Energen Strength of Wheat.
1 oz. butter.
1 gill milk.
2 ozs. grated cheese.
2 eggs.
Pepper, salt, cayenne.

Sprinkle Strength of Wheat into hot milk, add butter and simmer 10 to 15 minutes. Add cheese, cool slightly and beat in egg yolks. Season carefully and fold in stiffly whisked whites of eggs. Pour into buttered soufflé cases and bake in hot oven 15 minutes. Serve with tomatoes or red peppers (cooked).

147. **MACARONI CHEESE** (*for 2 persons*)

Food Value per person: C. 9½; P. 7½; F. 8¾; Cals. 147.

1 *oz. Energen Macaroni.*
½ *oz. grated cheese.*
¼ *oz. Energen Bismeal.*
½ *oz. butter.*
Salt and pepper.

Boil the macaroni till tender, drain and add butter, cheese, pepper and salt. Place in well-buttered dish, sprinkle with Bismeal, and brown in oven for 20 minutes.

149B. **ENERGEN MACARONI NOODLES & TOMATOES** (*for 2 persons*)

Food Value per person: C. 55; P. 17; F. 14; Cals. 414.

4 *ozs. Energen Macaroni Noodles.*
½ *lb. tomatoes.*
½ *teaspoonful sugar.*
1 *oz. butter.*
1 *oz. Energen Flour.*
Salt. Pepper.

Put the noodles into rapidly boiling salted water, and cook until tender, about ½ hour. Pass tomatoes through a fine sieve, and make up to ½ pint of purée with water. Melt the butter in a pan, add the flour, and cook for a few minutes. Then put in the tomato purée, sugar and seasoning, and boil for a few minutes, stirring well. Add noodles, reheat, turn onto a dish and serve.

156. **NOURISHING SAVOURY** (*for 1 person*)

Food Value: C. 14; P. 23½; F. 21½; Cals. 343.

1 *Energen Baton.*
1 *egg.*
½ *oz. cheese.*
½ *oz. butter.*

Cut baton in half lengthways, scoop out inside and mix beaten egg and grated cheese. Line baton crust with butter, pour in mixture and bake until golden brown.

158. **SAVOURY PUDDING** (*for 4 persons*)

Food Value per person: C. 23¼; P. 8½; F. 16½; Cals. 275.

4 *ozs. Energen Strength of Wheat.*
1 *shredded onion.*
Salt and pepper to taste.
½ *cupful nutter.*
1 *egg.*
1 *teaspoonful powdered sage.*
½ *pint milk and a little water.*

BROWN SAUCE:

Food Value per person: C. 4¾; P. 1; F. 3; Cals. 50.

½ *oz. dripping.*
½ *oz. Energen Flour.*
2 *ozs. onion.*
1½ *gills water or stock.*
Seasoning.
Small piece carrot and turnip.

Simmer Strength of Wheat in milk for 10 minutes. Add onion, cook a few minutes and add nutter. Cool slightly, add beaten egg, seasoning and sage. Spread evenly in greased baking tin and bake near top of a hot oven until golden brown. Cut in squares and serve with a good brown sauce.

FOR THE SAUCE: Fry vegetables in the dripping, add flour and seasoning and brown well. Add the liquid, simmer for ½ hour and skim.

161. **STUFFED TOMATOES** (*for 2 persons*)

Food Value per person : C. 8½ ; P. 4¾ ; F. 1½ ; Cals. 67.

½ lb. tomatoes (3 large ones).
½ oz. Energen Bismeal.
½ oz. minced ham.
½ teaspoonful mixed herbs.
A little finely chopped onion.
Salt and pepper.

Slice the tops off the tomatoes and carefully scoop out the inside. Put the pulp and other ingredients into a pan and cook for a few minutes, stirring all the time. Fill the tomatoes with the mixture, place in a greased pan and bake for ¼ hour in a moderate oven.

163B. **WELSH RAREBIT** (*for I person*)

Food Value : C. 8¼ ; P. 13¾ ; F. 10½ ; Cals. 183.

1 oz. cheese.
½ oz. milk or water.
1 Energen Batonette.
Seasonings.

Halve batonette lengthways and toast. Grate the cheese, add milk or water and seasoning, and knead into a smooth paste. Spread on both halves of batonette and brown under grill.

170A. **STUFFED EGGS** (*for 2 persons*)

Food Value per person : C. 3½ ; P. 10 ; F. 13½ ; Cals. 176.

2 eggs.
4 small mushrooms.
½ oz. Energen Bismeal.
Tablespoonful olive oil.
Salt and pepper.

Hard boil the eggs, cut in half, and remove the yolks. Dice mushrooms and fry lightly in oil. Add Bismeal, yolks and seasoning and mix well. Pile into egg cases and garnish with parsley.

BREAD, BISCUITS, CAKES, ETC.

172. **HIGH PROTEIN YEAST BREAD** (*for 1¼-lb. loaf*)

Food Value 1 oz. (thin slice) approximately : C. 14½ ; P. 4¾ ; F. ½ ; Cals. 81.

1 lb. Energen Flour.
½ teaspoonful salt.
¼ oz. yeast.
Less than ½ pint lukewarm water.

Mix the yeast in a basin until creamy. Slowly add the water, which should be at blood heat (98.4° F.). Pour slowly into the flour and salt, mixed lightly together, and mix thoroughly into a wet dough. Cover basin with a cloth and leave for ¾ hour in a warm place to rise. When dough has doubled its bulk, knead thoroughly on a floured board. Put into a floured tin and leave in a warm place to rise for 10 minutes. Bake in a medium oven for 45 minutes.

174. **BISMEAL BISCUITS** *(for 22 Biscuits)*

Food Value per Biscuit (average): C. 2; P. 1¼; F. 2¼; Cals. 35.

1 *oz. Energen Flour.*
2 *ozs. Energen Bismeal.*
2 *ozs. butter.*
4 *saccharine tablets.*

Thoroughly rub butter into flour and Bismeal. Add saccharine dissolved in water and add enough water to make into a stiff paste. Roll out and cut into 22 rounds. Bake in fairly hot oven 15 to 20 minutes.

175. **CHOCOLATE BISCUITS** *(for 25 Biscuits)*

Food Value per Biscuit (average): C. 8: P. 2¼; F. 2½; Cals. 64.

6 *ozs. Energen Flour.*
3 *ozs. sugar.*
1 *oz. Energen Cocoa.*
2 *ozs. butter.*
1 *tablespoonful water.*
1 *egg.*
Vanilla essence.

Mix the cocoa and water and stir over gentle heat till it blends. Cream butter and sugar, add egg and vanilla. Sift flour and stir in lightly together with the cocoa. Roll thinly on a floured board. Cut into shapes, bake on greased tray in a moderate oven 15 minutes.

176. **SAVOURY BISCUITS** *(for 8 persons)*

Food Value per person: C. 7½; P. 4¾; F. 5¼; Cals. 96.

8 *small Energen Digestive Biscuits.*
1 *tablespoonful Energen Strength of Wheat cooked in ½ pint milk.*
½ *tablespoonful grated cheese.*
1 *egg yolk or finely chopped hard-boiled egg.*
1 *tablespoonful chopped parsley.*
Salt, pepper, cayenne.

Beat egg yolk into Strength of Wheat mixture. Add cheese, seasoning and half the parsley. Pile in pyramids on digestive biscuits. Sprinkle cayenne lightly on half and cap the rest with parsley. Serve as a savoury.

178. **AFTERNOON TEA SCONES** *(for 4 scones)*

Food Value per scone (average): C. 9; P. 4½; F. 4½; Cals. 95.

2 *ozs. Energen Flour.*
½ *oz. butter.*
1 *egg.*
½ *teaspoonful cream of tartar.*
Pinch bicarbonate of soda.
4 *saccharine tablets.*

Sieve flour, cream of tartar and bicarbonate of soda, and rub butter in lightly. Add beaten egg and saccharine dissolved in water. Add enough water to make into a light dough. Roll out thinly and cut into four. Bake on a hot griddle or in a quick oven.

180. BISMEAL OATCAKES (*for 10 cakes*)

Food Value per cake (average): C. 2¾; P. 2; F. 2½; Cals. 42.

2 ozs. Energen Bismeal.
1 oz. dripping or butter.
Good pinch salt.
Good pinch bicarbonate of soda.
Hot water to mix.

Mix all ingredients to a soft dough with hot water. Turn on to a board, floured with ½ oz. Bismeal. Roll and cut into 10 shapes. Place on baking sheet and bake ½ hour in a moderate oven.

182. CHOCOLATE BUNS (*for 12 buns*)

Food Value per bun (average): C. 4; P. 3¾; F. 3½; Cals. 62.

1½ ozs. Energen Bismeal.
1 oz. Energen Flour
1 oz. Energen Cocoa.
1 oz. butter.
2 eggs.
½ teaspoonful baking powder.
4 saccharine tablets.

Mix Bismeal, flour, cocoa and baking powder, and rub in butter. Add beaten eggs and saccharine dissolved in a little water. Mix well, divide into 12 and bake in a warm oven for 25 minutes.

183. CHOCOLATE CAKE (*for 6 slices*)

Food Value per slice (average): C. 19½; P. 9¼; F. 9; Cals. 196.

4 ozs. Energen Flour.
2 ozs. Energen Cocoa.
1 egg.
1½ ozs. butter.
1 oz. sugar.
½ teaspoonful baking powder.
A little water.
Vanilla essence.

Blend the cocoa with a little water over gentle heat. Cream the butter and sugar and beat in the egg. Add the cocoa and vanilla and stir in the sieved flour, salt and baking powder. Pour into a greased and prepared tin and bake 1½ hours in a moderate oven.

186. NUT TEA CAKES (*for 8 cakes*)

Food Value per cake (average): C. 10; P. 4¾; F. 4½; Cals. 100.

¼ lb. Energen Flour.
½ oz. butter.
3 tablespoonfuls milk (tepid).
1 egg.
1 oz. grated nuts (almonds, brazil, walnuts or hazel).
¼ oz. dried yeast.
Pinch salt.

Make the dough as for Yorkshire Tea Cakes (Recipe No. 189), then add grated nuts. Knead and leave in warm place to rise for one hour. Divide into 8, or leave whole, on floured baking tin to rise for 20 minutes. Bake in quick oven—whole, 20 minutes, small, 10 minutes.

187. SULTANA CAKE *(for 12 slices)*

Food Value per slice (average): C. 25¾; P. 5½; F. 10; Cals. 215.

7 ozs. Energen Flour.
4 ozs. castor sugar.
4 ozs. butter or margarine.
4 ozs. sultanas.
2 eggs.
2 ozs. milk.
1 heaped teaspoonful baking powder.
Lemon rind.

Cream butter and sugar and beat in the eggs separately. Add flour, mixed with baking powder and milk alternately, then lemon rind and sultanas. Mix lightly and well and bake in a moderate oven ¾ to 1 hour.

189. YORKSHIRE TEA CAKES *(for 8 cakes)*

Food Value per cake (average): C. 9¼; P. 4; F. 2½; Cals. 75.

¼ lb. Energen Flour.
½ oz. butter.
3 tablespoonfuls milk (tepid).
1 egg.
½ oz. dried yeast.
Pinch salt.

Cream the yeast and gradually add the tepid milk. Add beaten egg and pour into sieved flour and salt. Beat thoroughly and leave in a warm place to rise for one hour. Knead the whole into a round bun and place in a floured cake tin, or divide into 8, and place on floured baking sheet. Leave 20 minutes to rise. Bake in hot oven. Whole, 20 minutes; buns, 10 minutes.

SUNDRIES

190. STRENGTH OF WHEAT PORRIDGE *(for 2 persons)*

Food Value per person: C. 19; P. 4¾; F. ¾; Cals. 102.

3 teacupfuls water.
2 ozs. Energen Strength of Wheat.
½ teaspoonful salt.

Stir Strength of Wheat into boiling water and salt. Stir briskly until the mixture thickens. Cook over low heat 4 to 5 minutes, or turn into a double boiler and cook slowly for one hour. Serve with milk and sugar.

HOUSEHOLD MEASURES

Liquid Measures

8 tablespoonfuls	¼ pint
1 small teacupful	¼ pint
1 tumblerful	½ pint

Dry Measures

1 heaped tablespoonful of flour or similar ingredient	1 oz.	=	28–30 grams
1 level tablespoonful of sugar or similar ingredient	1 oz.	=	28–30 grams
1 teacupful of flour or similar ingredient	4 oz.	=	112–130 grams
1 tablespoonful of fat	1 oz.	=	28–30 grams

FOOD VALUES OF AVERAGE SERVINGS OF SOME COMMON ARTICLES OF DIET

Food	*Amount*	*Protein Gms.*	*Carbo-Hydrate Gms.*	*Fat Gms.*	*Calories (approx.)*
BREAD					
Bread, white.. ..	1 oz. (1 thin slice)	2	16	0.5	78
,, wholemeal ..	1 oz.	2.5	15.5	0.5	78
Energen Bread ..	1 oz.	12.1	12.5	1.25	112
BISCUITS					
Cream Crackers ..	1	0.6	4.2	0.6	25
Oatmeal	1	1.4	8	1.3	50
Water	1	1	6.8	0.4	37
Energen, Digestive ..	1 (small)	1.75	3.25	1.75	37
Energen, Digestive ..	1 (large)	4.0	7.5	4.25	87
Energen, Fine Water	1	1.5	4.5	0.25	27
BREAKFAST CEREALS					
Barley flakes, crisps or puffs (average)..	2 tablespoonfuls (1 oz. approx.)	2	23	0.1	100
Corn flakes	1¼ cups (1 oz. approx.)	3	23	0.4	110
Energen Bismeal ..	1 oz. (½ cup)	10	13.5	1	106
Energen Strength of Wheat	1 oz. (¼ cup)	4.75	19	0.75	104
Oatmeal	1 oz.	5	21	2.5	126
Rice, flakes, etc. ..	1 oz.	3	26	0.1	118
CEREALS					
Macaroni	3 oz.	11.25	63	0.75	311
Energen Macaroni ..	3 oz.	19.5	54	1.5	315
Energen Macaroni Noodles	3 oz.	18.75	57.75	1.5	328
Semolina	1 oz.	3.6	22.7	0.18	110
Energen Semolina ..	1 oz.	5.25	19	0.25	102
Tapioca	1 oz.	—	26	—	104
Energen Tapioca ..	1 oz.	2.25	21.5	—	97
FLOUR					
Wheat Flour, whole..	3 oz.	9.4	58.8	1.6	295
,, ,, patent ..	3 oz.	7.7	61.3	0.8	290
Energen Flour, Plain and S.Raising ..	3 oz.	18	54	1.5	309
Energen Flour, Brown	3 oz.	21	43.5	2.25	285
DAIRY PRODUCE					
Butter	1 oz.	—	—	24.5	220

Food	Amount	Protein Gms.	Carbo-Hydrate Gms.	Fat Gms.	Calories (approx.)
DAIRY PRODUCE (*continued*)					
Cheese, Cream, lactic, etc.	1 oz.	1	1	16	150
" Cheshire	1 oz.	7	1–2	8.5	110
" Cheddar	1 oz.	7	1–2	8.5	110
" Dutch	1 oz.	7.5	1–2	6.5	97
" Gorgonzola	1 oz.	7.5	1–2	10	112
Cream, Heavy (50% approx.)	1 oz.	1	1	11.5	111
" Light (20% approx.)	1 oz.	1	1.5	5.5	55
Eggs, Whole	1	6.5	—	5	70
" White	1	3.5	—	—	14
" Yolk	1	3	—	5	56
Milk, Whole	1 pt.	16	24	19	331
" Skim	1 pt.	16	24	—	160
" Condensed	1½ tablespoonfuls	2.5	16.5	2.5	100
FISH, MEAT AND POULTRY					
Cod, Haddock (steamed)	3 oz.	18	—	0.6	78
Lobster (edible portion	2 oz.	9.8	0.2	1	54
Oysters (edible portion)	6 in. shell	6.2	3.7	1.2	50
Salmon (raw)	3 oz.	20	—	11.5	182
" (canned)	3 oz.	19	—	11	176
Sardines "	(1 oz.) 4 small	6	—	7.5	95
MEAT					
Beef (roast)	3 oz.	20	—	25.7	312
Rump steak, lean	3 oz.	21	—	18	246
Corned (canned)	3 oz.	24	—	10	186
Kidney	3 oz.	16.5	1.8	4.5	115
Tongue	3 oz.	17.5	—	20.8	258
Lamb, roast (leg)	3 oz.	17.7	—	11.4	173
" chop	3 oz.	19.5	—	27	320
Mutton, roast (leg)	3 oz.	22.5	—	20	270

Food	*Amount*	*Protein Gms.*	*Carbo-Hydrate Gms.*	*Fat Gms.*	*Calories (approx.)*
MEAT (*continued*)					
Pork					
Chops (loin), medium fat	3 oz.	15	—	18	222
Bacon rashers, medium fat	2 oz.	14	—	30	326
Ham (luncheon)	2 oz.	13.5	—	12.6	167
Sausage, pork	2 oz.	7	0.8	26.5	269
Veal, Cutlets	3 oz.	18	—	7	135
POULTRY					
Chicken, roast	3½ oz.	29	—	7	180
Goose	3 oz.	15	—	32	340
Turkey	3 oz.	19	—	21	260
FRUIT					
Apple	1 small	0.5	15	0.5	64
Apricots, fresh	3 medium	1	13	—	56
,, dried	9 halves	2.5	31	0.5	139
,, canned	4 halves with 3 tablespoonfuls juice	0.5	25	—	102
Banana	1 small	1	23	—	99
Blackberries	3 oz. (7 tablespoonfuls)	1	12	1	62
Cherries	25	1	18	0.5	80
Cranberries	3 oz. (⅔ cup)	0.5	11.5	0.5	53
Currants, fresh	3 oz. (¾ cup)	1.5	12.5	0.5	61
,, dried	1¼ oz. approx. (¼ cup)	1	39	1.5	161
Dates	3–4	0.5	23.5	1	104
Figs	2	1	22.5	—	95
Gooseberries	3 oz. (4 tablespoonfuls)	1	10	0.5	47
Grapefruit, fresh	½ medium	—	10	—	40
,, canned	8 sections	0.5	16	—	66
Grapes	24	1.5	15	1.5	78
Lemon	1 large	1	8.5	0.5	43
Loganberries	3 oz.	1	10	—	44
Orange	1 medium	1	11	—	50
Peach, fresh	1 medium	0.5	12	—	51
,, canned	2 halves with 1 tablespoonful juice	0.5	22	—	91
,, dried	3 halves	2	36.5	0.5	156
Pear, fresh	1 small	0.5	16	0.5	70
,, canned	2 halves with 1 tablespoonful juice	0.5	20	0.5	86

Food	*Amount*	*Protein Gms.*	*Carbo-Hydrate Gms.*	*Fat Gms.*	*Calories (approx.)*
FRUIT (*continued*)					
Pineapple, fresh ..	1 slice	0.5	13.5	—	58
,, canned ..	1 slice with 2 tablespoonfuls juice	0.5	25	0.5	108
Plums	3	0.5	13	—	56
Prunes	5	1	36.5	—	151
Raisins	2 tablespoonfuls (1 oz.)	1	23	1	104
Raspberries	½ cup (3 oz.)	1	14.5	0.5	64
Rhubarb	1 cup (3 oz.)	0.5	4	—	18
Strawberries ..	10 large	1	8	0.5	41
Tangerine	1 large	1	11	0.5	52
Watermelon ..	1 slice 2 in. by 2½ in. by 1½ in.	0.5	7	—	31
VEGETABLES					
Asparagus, fresh ..	8 stalks	2	4	—	23
,, canned ..	7 stalks	1.5	3	—	18
Beans (baked) canned	3 tablespoonfuls	7	19.5	2.5	129
Beans, string (fresh)	½ cup (3 oz.)	2.5	7.5	—	40
Beans, string (canned)	½ cup	1	4	—	21
Beans (butter) ..	½ cup	7.5	22	1	131
Beet greens	½ cup	2	5.5	0.5	34
Beetroot	2 medium	1.5	9.5	—	44
Broccoli	½ cup	3.5	5.5	—	37
Brussels sprouts ..	9 medium	4.5	9	0.5	58
Cabbage	5 tablespoonfuls (cooked)	1.5	5.5	—	29
Carrots	1 large	1	9.5	—	44
Cauliflower	6 tablespoonfuls	2.5	5	—	31
Celery	4 stalks	1.5	4	—	22
Cucumber	½ medium	0.5	2.5	—	14
Endive	2 heads	1.5	4	—	24
Lentils, dried ..	2½ tablespoonfuls (1 oz.)	8	18	0.5	105
Lettuce	10 leaves (3 oz.)	1	3	—	18
Onions	2 medium	1.5	10	—	47
Parsnips	1 large	1.5	18	0.5	83
Peas, fresh	½ cupful (3 oz.)	6.5	17.5	0.5	100
,, dried, cooked ..	⅓ cupful (2½ oz.)	7.5	18.5	0.5	106
,, canned ..	4 tablespoonfuls (3 oz.)	4	10	—	55
Potato	1 small	2	19	—	81
Radishes	7–10	0.5	2	—	11
Spinach, fresh cooked	4 tablespoonfuls (3 oz.)	2.5	3	0.5	25
,, canned ..	4 tablespoonfuls (3 oz.)	2.5	2.5	—	21

Food	*Amount*	*Protein Gms.*	*Carbo-Hydrate Gms.*	*Fat Gms.*	*Calories (approx.)*
VEGETABLES *(continued)*					
Tomatoes, fresh	1 medium	1	4	0.5	24
„ canned	½ cup (3 oz.)	1	4	—	20
Tomato juice	½ cup (3 oz.)	1	3.5	—	18
Turnip	3 oz.	1	7	—	32
Watercress	1 sm. bunch (3 oz.)	1.5	3.5	0.5	23
MISCELLANEOUS					
Cake, sponge	slice(4½in.by3in.)	7	42	4	232
Chocolate	1 oz.	4	9	14.5	183
Energen Chocolate	8 tablets (1 oz. approx.)	4.8	0.8	11.2	128(*a*)
Cocoa	1 oz.	5.7	12	7.1	139
Energen Cocoa	1 oz.	10.5	10	4.75	127
Honey	2 tablespoonfuls (1 oz.)	—	24.5	—	98
Ice Cream	2 tablespoonfuls (3 oz.)	4	20	14	222
Jelly	1½ tablespoonfuls (1 oz.)	—	22.5	—	90
Marmalade	1 tablespoonful (1 oz.)	—	25.5	—	102
Energen Marmalade	1 oz.	—	1.28	—	5(*b*)
Jam (average)	1 oz.	—	18.1	—	74
Energen "Sugarless" Jam	1 oz.	—	1.05	—	4(*c*)
Margarine	1 oz.	—	—	25	224
Mayonnaise	1 tablespoonful (½ oz.)	—	0.5	11	101
Olive Oil	1 tablespoonful (½ oz.)	—	—	15	135
Energen Protein Food (Plain)	1 oz.	20.5	—	3.5	117
Energen Protein Food (Chocolate)	1 oz.	17.5	3.25	3.5	117
Pudding, Tapioca, etc.	4 tablespoonfuls	6	27.5	6	185
Soup, clear	8 oz.	4	—	—	16
„ tomato (canned)	8 oz.	1.5	13	3	88
„ vegetable	8 oz.	2	7.5	0.5	42
Sugar	1 teaspoonful	—	5	—	20
Syrup (molasses)	1 tablespoonful	0.2	10.5	—	43
NUTS					
Almonds, shelled	12	3	2.5	8	94
Cocoanut, desiccated	1 tablespoonful	0.5	2.5	2.5	40
Walnuts, shelled	12	5.5	4	19.5	212

(*a*) excluding sweetening agent, Sorbitol, 8.8 gms.

(*b*) excluding Glycerine, 16.3 gms.

(*c*) excluding Glycerine, 15.7 gms.

CARBOHYDRATE TABLES

These tables show the *available* Carbohydrate in accordance with the latest report on *The Carbohydrate Content of Food*, by McCance, Widdowson & Shackleton (Medical Research Council, July, 1936).

COLUMN 1.

Under 2%.

VEGETABLES :

Celery
Cucumber
Endive
Lettuce
Mustard and Cress
Olives
Radishes
Watercress
Asparagus
Beans—Runner
Brussels Sprouts
Cabbage
Cauliflower
Marrow
Mushrooms
Onions—boiled
Seakale
Spinach
Spring Greens
Turnips—boiled

FRUITS :

Gooseberries—stewed
Lemon juice
Rhubarb—stewed
Tomatoes

COLUMN 2.

Over 2% & under 5%.

VEGETABLES :

Artichokes—Jerusalem
Cabbage—red
Carrots
Leeks
Pumpkin
Swedes
Turnips—raw

FRUITS :

Apples—stewed
Blackberries—stewed
Cherries—stewed
Cranberries
Black Currants—stewed
Red Currants—raw or stewed
Gooseberries—green
Lemons
Loganberries
Raspberries—stewed

NUTS :

Almonds
Brazil
Cocoanut

COLUMN 3.

Over 5% and under 10%.

VEGETABLES :

Beetroot
Broad Beans
Onions—raw
Peas—fresh, boiled
Spring Onions

FRUITS :

Apricots—fresh
Blackberries—fresh
Black Currants—fresh
Currants, white—fresh
Damsons—fresh or stewed
Grape fruit
Greengages—stewed
Melons
Oranges
Orange juice
Peaches—fresh
Plums—fresh or stewed
Raspberries—fresh
Strawberries
Tangerines

NUTS :

Barcelona
Peanut
Cob
Walnut

COLUMN 4.

Over 10% and under 15%.

VEGETABLES :

Horseradish
Onions—fried
Parsnips

FRUITS :

Apples—fresh
Cherries—fresh
Greengages—fresh
Pears—fresh
Pineapple—fresh

*COLUMN 5.

Over 15% and under 20%.

VEGETABLES :

Butter Beans
Haricot Beans
Lentils
Peas, tinned or dried
Potatoes

FRUITS :

Apricots—dried, stewed
Bananas
Grapes—black or white
Peaches—dried, stewed
Prunes—dried, stewed

In arranging the diabetic dietary choice of fruits, vegetables, etc. (in season) is made according to these tables. No sugar is permitted in cooking. For sweetening use saccharin.

* *Not usually permissible.*

ENERGEN FOOD VALUES

BREAD	Weight approx.	Protein	Carbo-hydrate	Fat	Calories	*With* Butter	Total Calories
Baton	34 gms.	14½ gms.	15 gms.	1½ gms.	135	1 ozs.	353
Wholemeal Baton	38 ,,	16¼ ,,	16¾ ,,	1¾ ,,	152	1 ,,	370
Batonette	15 ,,	6¼ ,,	6½ ,,	½ ,,	57	½ ,,	166
Roll	4½ ,,	2 ,,	2 ,,	¼ ,,	19	⅓ ,,	92
Loavette	46 ,,	20 ,,	20¼ ,,	2 ,,	184	2 ,,	620
Four Rusks	9½ ,,	4 ,,	4¼ ,,	½ ,,	38	⅓ ,,	111

BISCUITS	No.	Protein	Carbo-hydrate	Fat	Calories
Digestive (Large)	1	4 gms.	7½ gms.	4¼ gms.	87
Digestive (Small)	1	1¾ ,,	3¼ ,,	1¾ ,,	37
Fine Water	1	1½ ,,	4½ ,,	¼ ,,	27
Bran	1	¼ ,,	1 ,,	—	5
Endobran	1	1 ,,	3½ ,,	1½ ,,	32

HEALTH FOODS	Oz.	Protein	Carbo-hydrate	Fat	Calories
Bismeal	1	10 gms.	13½ gms.	1 gms.	106
Strength of Wheat	1	4¾ ,,	19 ,,	¾ ,,	104
Flour, Plain and Self-Raising	1	6 ,,	18 ,,	½ ,,	103
Flour, Brown	1	7 ,,	14½ ,,	¾ ,,	95
Tapioca	1	5¼ ,,	19 ,,	¼ ,,	102
Semolina	1	2¼ ,,	21½ ,,	—	97
Macaroni Noodles	1	6¼ ,,	19¼ ,,	½ ,,	109
Macaroni	1	6½ ,,	18 ,,	½ ,,	105
Protein Food (Plain)	1	20½ ,,	—	3½ ,,	117
Protein Food (Chocolate)	1	17½ ,,	3¼ ,,	3½ ,,	117
Cocoa	1	10½ ,,	10 ,,	4¾ ,,	127
Custard Powder	1	2½ ,,	22½ ,,	—	103
Chocolate (sweetening agent, Sorbitol, 1 gram)	1 tab.	½ ,,	⅒ ,,	1½ ,,	16

WHY ENERGEN BREAD MUST FORM PART OF YOUR DAILY DIET

Energen Bread is Different.

Energen Bread has for years had behind it the recommendation of thousands of doctors. It is a scientific bread—the first to have fixed food values and a standardised reduction of starch. Throughout the English-speaking world Energen Bread has been recognised by the medical profession as a source of health and fitness if made part of the daily diet. But more important still to many is the fact that Energen Bread nourishes without fattening.

Comparison with Ordinary Bread.

Ordinary bread ranks highest among the daily foods that contain starch. But cutting out bread altogether is no solution to the problem, for bread also contains other ingredients essential to good health. What is needed is a bread that retains the strength-giving qualities provided by bread, but which has fundamentally reduced the starch content which builds fat, lowers vitality and impedes the digestive functions. This is Energen Bread.

Starch creates unwanted fat and lowers vitality.

In Energen Bread the starch content is greatly reduced, and there exists none of the bulky, fat-forming elements that threaten the waistline and undermine the digestion. Nothing remains but the right proportion of the energy-giving properties the body needs. Instead of an excess of starch that clogs the system, Energen Bread provides great nourishment in an easily assimilated form.

There's extra nourishment in Energen Bread.

Energen Bread is made principally from Canadian Wheat, with an admixture of English wheat flour to improve the flavour and texture. This Empire wheat (Canadian) is the finest in the world, for it contains more gluten—the " strength " of wheat—than any other. This extra nourishment is a vital factor in building up resistance and in furnishing the energy necessitated by modern life.

The Energen process standardises the proportion of gluten, its most important constituent, and the starch which it contains in a reduced quantity. The moisture content in Energen Bread is also invariable and it therefore keeps indefinitely without change or deterioration, whether it is a day, a month, or a year old, or whether it is on sale in England, India, China, Africa, Australasia or America.

Energen Bread, for the reasons stated above, is standard in the dietetic treatment of diabetes.

The wonderful thing about Energen Bread is that by promoting perfect health it promotes the natural lines of beauty, whether you are overweight or underweight. The eating of unsuitable foods manifests itself in various ailments —malnutrition, indigestion, dyspepsia, gastritis, etc. Energen Bread restores health in ALL these conditions.

Energen Bread is packed for your convenience.

It is made in various shapes and sizes, all of similar composition and nutritive value. It is hygienically packed in cartons from sixpence upwards as well as in specially sealed tins for export to tropical countries.

Important. Energen Bread should be sliced with a knife and not broken. This will avoid waste, for every crumb is sheer nourishment.

Energen Bread keeps indefinitely, owing to its low water content. It may be stored for months at a time in any climate without deterioration.

Important Note. The vitamin content of Energen Bread is assured as a result of estimations made by a well-known authoritative Research Institute.

ENERGEN HEALTH FOODS

BISMEAL.—An inexpensive and nutritious breakfast food, ready cooked with the full flavour of the wheat. The only breakfast food made in England from Canadian wheat. Starch-reduced and high in protein.

FLOUR.—This, the *most nutritious* flour ever produced, is made from the finest Canadian wheats, exceptionally rich in protein, while its starch content is considerably lower than that of ordinary flour. Used alone or mixed with any good flour, it greatly increases the nutritive value of cakes, pastries and puddings, while imparting a delicious wheaten flavour. Plain, Self-raising or Brown varieties. In 1-lb. cartons and 3-lb. and 7-lb. cotton bags.

TAPIOCA, SEMOLINA, MACARONI NOODLES and MACARONI.—Contain more nourishment than the ordinary varieties. Delicious for milk puddings, etc.

STRENGTH OF WHEAT.—The first solid food for infants and an all-Family Food (for making milk puddings, etc.). Very nutritious and easily assimilated.

COCOA.—Containing the minimum starch and fat and enriched with pure wheat protein. Nourishing, appetising and non-fattening.

NUTRITIVE CUSTARD POWDER.—Starch-reduced and containing valuable wheat protein. The only custard powder made from wheat.

HIGH PROTEIN CHOCOLATE.—Sugar free. High in protein. Made from the finest chocolate.

PROTEIN FOOD.—A natural dietetic tonic and reconstituent. Prescribed in cases of brain fag, indigestion and nervous exhaustion, as a tonic after influenza, and in convalescence. In two flavours, plain and chocolate.

ENERGEN BISCUITS

DIGESTIVE BISCUITS.—Made in two sizes and packed in tins containing approximately ½ lb. and 1 lb. They possess valuable nutritive properties and are not to be confused with ordinary digestive biscuits, for they contain twice as much nourishment.

BRAN BISCUITS and **FINE WATER BISCUITS** are also available.

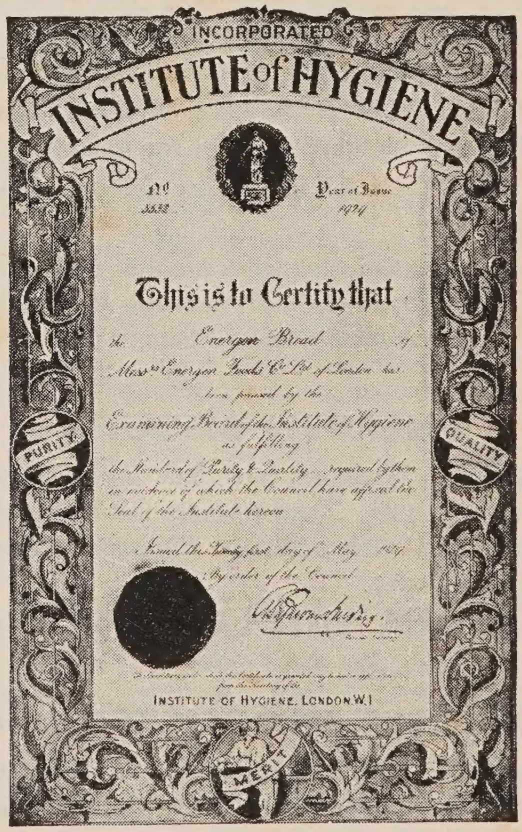
ENERGEN FRUIT PRODUCTS (*Sugarless Jams*)

Energen Double-Fruit Products contain 50 per cent. to 150 per cent. more fruit than ordinary preserves. They are suitable for all dietaries where restriction of sugar is desired. No sugar is added to any Energen Fruit Product, yet they are sweet, appetising and nutritious with all the luscious flavour of the choicest specially selected fresh fruit. They contain no artificial colouring matter or preservatives. They are packed in two sizes and are available in the following varieties: orange marmalade (fine and coarse-cut); grapefruit marmalade; strawberry, blackcurrant, damson, plum, apricot, bramble jelly and raspberry.

CENTRAL RESEARCH CLINIC, LONDON

Reports from the Biochemical Laboratories contain the following statements —the result of research and experiment :—

1. Energen Bread is undoubtedly more easily masticated than white bread.
2. Starch digestion is quicker and more easily accomplished by the salivary glands secretion in Energen Bread than white.
3. Energen Bread contains considerably more nutritive value than white bread as expressed in caloric values.
4. Energen Bread is obviously superior in many other points where pathological conditions have to be considered, and also in storing and keeping properties, owing to its low water content.



INCORPORATED

INSTITUTE of HYGIENE

No 3532 Year of Issue 1934

This is to Certify that

the Energen Bread of Messrs Energen Foods Co Ltd of London has been passed by the Examining Board of the Institute of Hygiene as fulfilling the Standard of Purity & Quality required by them in evidence of which the Council have affixed the Seal of the Institute hereon

Issued the twenty first day of May 1934

By order of the Council

INSTITUTE OF HYGIENE, LONDON W.1

ALWAYS EAT ENERGEN BREAD, THE FIRST STARCH-REDUCED BREAD AWARDED THE SILVER SEAL OF THE INSTITUTE OF HYGIENE

ENERGEN BREAD

CONCLUSION

It is hoped that readers of this book will have found it of interest and help. The importance of real health and bodily fitness cannot be over stressed, and if the suggestions contained in the Energen book make some contribution to the cause of National Fitness it will have served its purpose.

Readers are cordially invited to ask for further information in regard to the foregoing dietaries and matters of diet in general.

Requests should be addressed to :—

ENERGEN DIETARY SERVICE,
ENERGEN WORKS,
WILLESDEN, LONDON,
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